MRS. ALLEN on COOKING MENUS SERVICE

IDA C. BAILEY ALLEN

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Ida C. Bailey Allen

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2500 RECIPES

BY

IDA C. BAILEY ALLEN

AUTHOR—EDITOR—LECTURER
INTERNATIONAL AUTHORITY ON FOODS
AND COOKING

Illustrations posed by
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First Edition

PREFACE

IT WAS a long time ago that I had my first cooking lesson. Playing "grown-up"—in an old dress from my grandmother's attic—I went to "call" on a neighbour. "Grown-up ladies do useful things," she said; "I will teach you to cook." Standing on a box in her spotless pantry—for I was only eight—I learned to make gingerbread.

My mother was never "too busy" to stop to listen to childish enthusiasm. She understood the wonder of the gingerbread—the joy of creation—and patiently let me help in the Saturday baking. I made my father's birthday cake—it fell—but he ate it with the gusto of a king! A wonderful thing to be—an understanding father—a mother with a vision!

Later, domestic science school—for the spark kindled with the gingerbread lesson grew until I felt I must learn the best home-making ways—to give them to other women.

Then a period of hospital dietetic work—as director of a cooking school—the necessity of creating recipes—to the day when *The Ladies' Home Journal* asked me for the first article. Mr. Edward Bok told me what the "back pages of the *Journal*" meant. "They are for the women who work and love," he said. More fuel added to the gingerbread-mother-flame.

Then marriage and motherhood—Food Editorships on *Good Housekeeping*, *Pictorial Review*, *Woman's World*, and the help of their splendid Editors, special articles in many other magazines and newspapers—consequent letters from thousands of women asking for advice in feeding those dear to them—sick babies, disgruntled husbands, growing boys who could not be filled up, girls who would not eat. Other letters, too, from home-makers who had no leisure, who were always tired, or could not meet the bills.

Then the war, and the inestimable privilege of addressing a

half million men and women. The memory of those eager, enthusiastic faces will ever stay with me—a constant inspiration.

Women needed, wanted food help.

And so was born the plan of this book—to give in a human, interesting way, all of the facts that any woman need know in buying and cooking food and balancing and serving meals, with a minimum of labour and expense.

Along the way I have met wonderful coöperation; Mrs. Lily Haxworth Wallace, "Dean of Cookery," my loved friend and associate, who has patiently carried out the experimental work for this book, whose knowledge and advice have been invaluable; Dr. Lewis B. Allyn, of the Westfield Testing and Research Laboratories, always glad to help with a chemical or dietetic problem; Dr. C. F. Langworthy, of the United States Department of Agriculture, ready to assist, heading a long procession of kindly, helpful minds, linking this book with my friend, The Home-Maker.

Ida C. Bailey Allen

FOREWORD

Home-Making

HOME-MAKING is the biggest job in the world; it bosses them all. It hangs over the others like a storm cloud, or a ray of sunlight, as the case may be. It is the gigantic hub of the wheel of life, with its radiating spokes of lesser positions on which the world rides to its destiny.

Your giants of industry; your brilliant men of letters; your military geniuses; your titanic engineers; your world-renowned statesmen, philosophers, mystics; your musicians, painters, sculptors—all—yes, every mother's son of them—must own his subservience to the home and its influence, where were moulded and skillfully directed his earliest thoughts and ambitions. Yes, it goes beyond his earliest years even to the wonderful moment when his coming was realized, and through the long months until he was an actuality.

His mother was more than "A rag and a bone"— in each case she consciously, or unconsciously, possessed knowledge of the greatest science of them all—that of home-making. She must have understood the value of the sunlight, of fresh air, water, cleanliness, good food well combined and thoroughly cooked; of sanitation; of common-sense nursing, and the influence of environment; of sensible clothing; of rest periods; of a good admixture of normal work and play; indeed, it is even more than probable that she was endowed with "the love of God" and with this light watched the unfoldment of the soul as closely as she watched that of the body.

Hidden beneath the exterior of every personality there is a spark of idealism—of ambition. Every woman in the world has a secret longing to better her own condition and to help to make the world "homelike."

No matter whether she is working in her own kitchen, or whether she is at the head of an institution, or conducting a tea room or cafeteria, her opportunity is there. And by making possible perfectly cooked, well-combined, digestible meals, she is literally contributing to the welfare of humanity and conducting one of the biggest jobs in the world.

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PART I

A REVIEW OF FOOD FROM THE STORE TO THE TABLE AND THE EQUIPMENT NEEDED IN ITS PREPARATION

MRS. ALLEN ON COOKING—MENUS—SERVICE

CHAPTER I

THE KITCHEN, THE FOOD WORKSHOP

Beauty in the Kitchen

MEANS something restful, charming, cheerful. A pot of flowers on the window-sill, or a kitchen window box with parsley, cress, and chives. A canary. Bright cushions on the chairs. Stencilled sash curtains or curtains of checked gingham or glass towelling. A braided rug. A low shelf for books and magazines. Inexpensive shining copper. Home stencilled supply cans—or cans decorated with wall-paper motifs shellacked on. Stencilled oilcloth tray and table covers.

The kitchen is the heart of the house—the woman the heart of the home. In so far as she introduces orderly, systematic, time-saving methods, just so far will law, order, and leisure appear. A well-equipped, clean, harmonious, orderly kitchen—arranged for short-cut work—or, in contrast, a room dark, poorly furnished, with badly placed equipment—mirrors the mind of the woman. It might even be said: "By her kitchen shall she be known."

Many a home-maker has been discouraged when attempting to arrange the kitchen for convenient work, because it is often impossible to attain an ideal room. However, no matter how disheartening the problem may seem, any kitchen can be bettered.

In this chapter we will consider the kitchen from three angles:

1. Planning an ideal kitchen
2. Revising an old kitchen
3. Making the best of a rented-house kitchen

The ideal kitchen will be considered first, because some part of the plan may be applicable to present needs.

Size and Ventilation

The best location for a kitchen is the cool side of the house because of summer heat. It should have corner space so that there will be two walls for light and air. The best size is a much-mooted question. Of course, unless especially planned when the house is built, one must make the best of the room that is provided. In planning a new kitchen it is inadvisable to have the room too large as this means unnecessary expenditure of energy. All kitchens, however, should allow sufficient space for two workers.

If coal or wood is to be used, it will be necessary to have a larger room than if a gas, kerosene, or electric range is put in, because of extra space needed for storage of fuel and because other articles of furniture should not be placed near the stove. The kitchen in which there is a coal or wood range should be about twenty-five per cent. larger than that in which other fuels are used.

The windows should be large and located as far apart as possible, to provide cross ventilation. The tops should be not more than a foot from the ceiling so that the hot air and odours will escape. The bottoms should be high enough from the floor—at least three feet—to allow shelf or table space beneath.

Casement windows are picturesque, but the ordinary double-hung windows will prove more satisfactory from the standpoint of ventilation.

There is a direct relation between the window space and the size of the room in which the windows are to be placed. Approximately, the window area should be one fourth of the floor space; that is, a kitchen 12 x 12 feet, with 144 square feet of floor space, should have about 36 square feet of window space, divided into two large or three medium-sized windows.

Whenever possible, provision should be made for a good-sized pantry in which extra supplies and the dishes for table use may be kept. This may be a butler's pantry or "pass pantry" between kitchen and dining room. The kitchen proper may be about 9 x 12 feet, 10 x 12 feet, or 11 x 12 feet, according to the way the house is planned. An approxi-

mately square kitchen affords better working space than a long, narrow one—eight feet being the minimum width.

In placing doors, remember every door lessens working space. It may sometimes seem necessary to place an outside door, the pantry door, the cellar door, and the dining-room door all in the kitchen! But if the plans are made this way, insist they be changed or the room will be inexcusably inconvenient.

Combining Kitchen and Laundry

There are two reasons why the combination of kitchen and laundry has been used. First, because of the old-fashioned rule to wash in the kitchen—it takes a long time to get out of a rut! Second, because in modern building, especially in apartments, it is becoming more necessary to save space. A kitchen should be a sanitary, hygienic, cleanly room, used solely for the preparation of food. As the washing of clothes is not in itself a sanitary process, it is not a good plan to have such work done in the kitchen. If this is unavoidable, the two extremes of work must be kept separate—one portion of the room containing the tubs, washing machine, and ironing board, which folds up against the wall, and a shelf for laundry supplies; the other, containing the sink and the equipment and shelving used in preparing food. The stove may act as a common unit.

If a kitchen is large, with ample window space, it is possible to divide the room in half, even though a beaver board partition is used. The laundress will do quicker and more efficient work if not interrupted by a second worker and if the home-maker is doing her own washing and ironing this arrangement will be more satisfactory. The laundry will prove a most convenient room for all sorts of odds and ends of cleaning, a play room for the youngsters, or, in case of a farmhouse, an excellent wash room for the men.

Combining Kitchen and Dining Room

If a new house is being built and the home-maker does her own work, it is an excellent idea to plan a dining-room alcove to the kitchen. This is particularly suited to the mother with little children, as it provides a space for a play-room arrangement, for—in spite of theory—youngsters always want to be

where "Mother is." The dining-room alcove also makes possible quick and easy service.

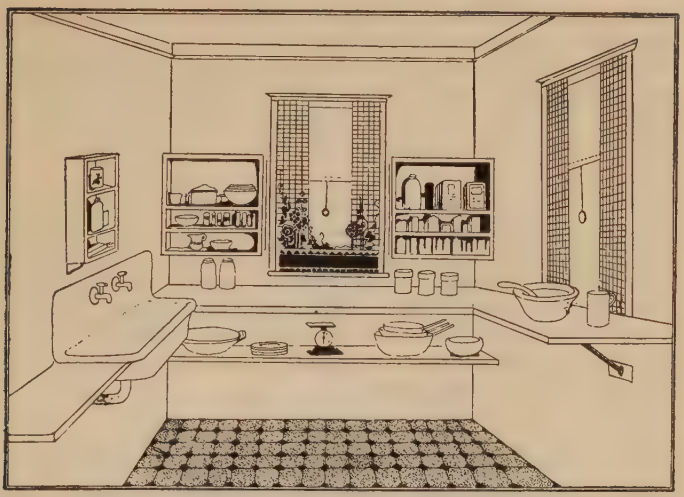
In case the family is small, this may be reversed and a kitchen alcove planned to the dining room—really an enlarged kitchenette. The dining room then acts as a living room. The general plans for a little kitchen are applicable. As with either arrangement the kitchen and dining room are together, the room and alcove should be done in the same colour. The woodwork and walls should be light, sanitary, and easily cleaned and the same flooring or floor covering used for both rooms. Probably the best wall finish is a washable paint, preferably in buff, soft green, or French gray. The woodwork should be white, ivory, or French gray. If possible, the sink should be of porcelain; the cupboards may have glass doors with shirred muslin curtains inside, or a lining of flowered chintz; a white, black-and-white, or French-gray stove may be used.

The furniture should be painted to match the walls or woodwork—French gray for chairs, table base, refrigerator, kitchen cabinet—or some other suitable colour being used to harmonize. This is a practical way to re-create old furniture.

Closets and Storage Places

The planning of pantries and closets for the kitchen has been more or less a hit-or-miss matter, worked out on the principle that the more closet space, the better! This is not true, for too much closet space encourages accumulations, while a dearth of space makes frequent elimination necessary. The closets should be planned so that they will efficiently supplement the general kitchen equipment. Closets on a level with the floor are practically useless except for storing little-used articles.

The rule for placing shelving and closets is to "put them up," off the floor, having the shelves so they can be reached. The diagram shows a good open cupboard-and-shelf arrangement, the cupboards being for storage and the shelf being used as a preparation surface. Rolling doors may be put at these cupboards and at the lower shelf; if the kitchen equipment is carefully selected and there is not an over-supply, the utensils will not get dusty as they will be continually in use. The drop shelf by the window is zinc-covered. The small



An interesting arrangement of kitchen shelves, cupboards, and sink, with a zinc-covered shelf at one window. Colour scheme of room: buff, orange, white, and black.

cupboard over the sink accommodates the supplies needed in dishwashing—a medicine closet could be used.

Only supplies for immediate use should be in the kitchen, receptacles being replenished once a week from pantry or storeroom. If this is done, an arrangement as in the diagram, a kitchen cabinet or a broad table with a group of shelves above will provide sufficient storage space in the kitchen. The pots and pans should be placed near the stove. Many houses are not planned with a "pass pantry," but it has definite uses. Besides providing storage space for dishes and supplies, it shuts off noises and odours from the rest of the house. It is advisable to have this pantry located so it may be lighted by a window, but light woodwork and walls and doors with ground glass windows may be used.

The Broom Closet

This should be large enough to contain the brooms, brushes, carpet sweeper, vacuum cleaner, dustpan and brush, a wall pocket for dusters, furniture polish, floor oil, and other ma-

terials used in cleaning. It should be located outside the kitchen, if possible in a back hall.

Ready-made broom closets may be purchased or built in easily, or two shelves put up—hooks placed under the lower; large screw-eyes put in the handles of the various brooms and brushes so they can be hung. Dark curtains may be used as covering.

All shelves should be wide enough to hold one row of supplies. Shelves for storage of canned or package goods can be deep—like the grocer's—several rows of cans being stacked. To conserve working space, have narrow shelves close together rather than a few wide ones. The first should be placed about twelve inches from the floor, eliminating stooping. Four more shelves may then be put up, making five or more feet of available space.

Drawers

A few drawers should be in every kitchen. The table or kitchen-cabinet drawers will be spacious enough to hold spoons, measuring cups, and other small utensils. There should be one or two other drawers for kitchen towels, the storage of paper, twine, wax paper, cake-pan linings, etc.

The Lights

A central light may be used for general illumination, but special lights should be placed over the sink and stove.

The Screens

These should be full length so windows can be opened top and bottom.

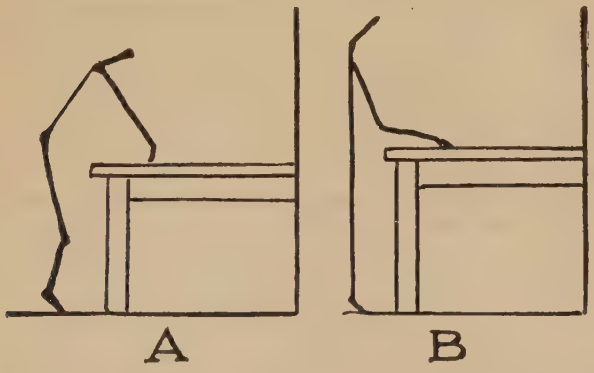
Working Surfaces

The range, table, and sink are the most important articles of kitchen furniture. The preparation of food centres around the table; the cooking around the range; the clearing away around the sink. *All smaller equipment pertaining to these operations must be grouped around the larger units.*

Working surfaces must be of the right height, varying for different people. A good height for a table, kitchen cabinet, or drop shelf for a woman of five feet and two or three inches is thirty-two inches from the floor; extra height should be

allowed for a taller woman. The sink should be thirty-six inches from the top edge to the floor—this makes the bottom, really the working space, thirty-two inches from the floor.

The following diagrams show why it is necessary to have



working surfaces of the right height. More cases of backache can be traced to incorrect working surfaces than to almost any other common cause.

Twelve Time-Savers

1. First on the kitchen slate write the duties for each day. Do the quickest first. *Do not* have a cluttered mind.
2. Make quick decisions.
3. Metal polish—ordinarily used for motor-cars—saves time in cleaning utensils.
4. Drain rather than dry dishes, putting steaming water beneath.
5. Wipe out greasy utensils with paper.
6. Fill all used cooking dishes with cold water if to stand before washing.
7. Drain everything into the sink through a sink strainer. Scald the strainer when done. Empty after every meal.
8. Line the garbage can with paper.
9. Keep the vacuum cleaner oiled.
10. Empty and clean carpet-sweeper often.

11. Clean and pick up as far as possible when working.
12. Forget the housework when dinner is over and sleep enough.

Selection and Care of Kitchen Equipment

Sink: If possible, select a porcelain or enamelled sink, with porcelain back-board and tilted drainboards of hardwood. Hang the soap dish between the faucets; arrange all cleaning supplies above in the cupboard (see illustration).

Do not pour acids or tea into the sink. Use any good cleaner and a little kerosene or grease solvent to keep the porcelain white.

Range: Select for any type one of the right height, plain and simple in construction. A gas or electric range should have an upper oven. Keep a coal range clean—not of necessity polished—the top washed with soapy water, and when cold rubbed over with a little kerosene.

A gas range should be washed—the burners boiled out occasionally in sal soda and water—the range when cold rubbed over with three-in-one oil.

A kerosene range should be kept clean, all water being wiped off, grease removed, and all parts liable to rust rubbed over with three-in-one oil.

Refrigerator: Select one large enough to accommodate one hundred pounds of ice—high and narrow rather than wide. The ice chamber is on the top or at the side, the latter being preferable. Only a good icebox should be selected, sufficiently well insulated to keep an even temperature of 40 degrees F. It should be dry, not moist. If matches can be lighted after remaining in the refrigerator a few days, it is dry enough for the safe storing of food.

If possible, have a porcelain or glass lining; if zinc must be used, paint with two coats of flat white and one of bathtub enamel. No wood should be used in the interior construction.

Cover all foods having any odour when putting in the icebox. As far as possible, keep them in glass jars with tops. Do not put cut glass, dainty glass, or table dishes in the icebox.

Do not wrap the ice in paper to keep, as this prevents proper refrigeration. In equipping an "electric kitchen," select an electrically operated icebox; the cost of operation is about seventeen cents a day.

Give the icebox daily care and a weekly cleaning with hot, soapy water. This includes the drain pipe, which should be cleaned with a brush kept for the purpose.

Table: Select a large one with a porcelain top, or purchase a new porcelain top to fit an old table. Raise to correct height if not high enough.

Kitchen Cabinet: Select one easily cleaned, with few corners, and of the right height, having a sliding working shelf, and which is the right width for the space it is to occupy.

Wheel tray: Select one with three trays that wheels easily.

Floor covering: If of good wood, the floor may be covered with waterproof varnish, a cork rug used in front of the sink, and a cork or linoleum square under the range. If the wood is poor, cover the floor with linoleum, cementing it in position. If desired, a central rug may be used.

Both are easy to care for, only needing wiping up with a mop; a self-wringer should be selected.

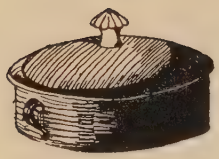
Chairs: Select stout chairs with wooden backs and comfortable seats. Provide a rocking chair with short rockers if there is room. Include an adjustable office or old piano stool that may be adjusted, so the worker can sit while ironing, paring vegetables, etc., or use a step-ladder stool.

Small equipment: Include a fire extinguisher, an electric fan if possible, and sanitary trash and garbage cans.

Utensils: A well-equipped kitchen should contain the following; if not possible to purchase all at one time, select the essentials and gradually add the remainder. Aluminum costs more, but is almost indestructible; agate and granite wear are quickly chipped, and are then unsafe for use. Earthenware and glass baking dishes are a good investment and save dishwashing, as foods can be cooked and served in them.

Aluminum or Enamelware: 2 half-pint measuring cups; 1 four-quart kettle with cover; 1 two-quart kettle with cover; 2 one-quart kettles with covers; 1 one-pint saucepan; 1 half-pint saucepan; 1 one-quart double boiler; 1 one-pint double boiler; 1 funnel; 1 medium-sized roasting pan; 1 coffee percolator, tricolator, or pot; 1 tea kettle.

Earthenware and Glassware: 6 two-quart glass jars for food supplies; 1 teapot; 1 lemon borer; 1 one-quart baking dish; 6 custard cups; 1 butter jar; 1 two-quart casserole; 1



one-quart bowl; 2 pint bowls; 2 one-half pint bowls; 1 two-quart pitcher; 1 two-quart bowl; 6 tall glass jars for supplies.

Steel and Iron: 1 seven-inch omelet pan; 1 seven-inch frying pan; 1 frying kettle; 1 chopping knife; 1 food chopper; 1 meat knife; 3 steel forks; 3 kitchen knives; 3 kitchen tablespoons; 3 kitchen teaspoons; 1 paring knife; 1 grapefruit knife; 1 bread knife; 1 can opener; 1 corkscrew; 1 pancake turner; 1 roasting pan; 1 ice pick; 1 rotary egg-beater.

Wire Articles: 1 frying basket; 1 toaster; 1 small strainer; 1 medium-sized strainer; 1 cake cooler; 1 potato ricer; 1 wheel type flour sieve; 1 dish drainer; 1 wire egg whisk.

Pans: Two-layer cake pans; 1 biscuit pan; 2 nine-inch pie plates; 2 bread pans; 2 muffin pans.

Miscellaneous Utensils: 1 flour dredger; 1 salt dredger; 1 colander (tin or aluminum); 1 pint measure (tin or aluminum); 1 grater; 1 apple corer; 2 biscuit cutters; fancy cooky cutters; 1 half-pint ladle; 1 bread box; 1 cake box; 1 flour can; 6 cans to contain sugar, entire-wheat flour, etc.; 1 salt box; 1 moulding board (unless a kitchen cabinet is used); 1 rolling pin; 1 meat board; 1 bread board; 1 small chopping bowl; 2 wooden spoons; 1 vegetable brush; 1 sink brush; 1 stove brush; 1 broom; 1 floor brush; 1 mop and handle; 1 scrub pail; 1 long-handled scrub brush; 1 oil mop; 1 dry mop.

Kitchen Linens: 6 glass towels; 6 heavier linen dish towels; 2 knit dish cloths; 3 floor cloths; 6 roller towels (if one person only is using the kitchen); 1 dustless duster; 4 holders; 2 cheesecloth bags for holding lettuce, celery, etc.

Other equipment that may be added is an electric dishwasher, a good fireless cooker, a pressure cooker, an electric hot plate.

If coal or wood is burned usually, a gas, kerosene, or electric range should be added for summer use.

The principles of the ideal kitchen may be applied to the recreation of any kitchen, whether it be in a farmhouse or merely a kitchenette. It may not be possible to purchase all the equipment, but there are certain things that any woman can do to better her Food Workshop. If space is condensed there is no better example of the way in which it can be advantageously used than that of the Pullman car kitchen. The great efficiency of this room lies in the arrangement and the grouping of drawers beneath the working surface, so that the cook knows where each ingredient may be found. If the icebox is small, the foods may be kept in tall utensils, thus making use of all the cooling space without wasting shelf-room.

In the kitchenette, or little kitchen, utensils can be hung where needed, as on the edges of or beneath shelves, on the ends of the work table. A shelf or two may be placed beneath this table. If storage room is small, have a tall, narrow set of shelves built and hooked against the wall on which to keep utensils and supplies that will not fit into a cupboard or kitchen cabinet.

Kitchen Kinks

Paint the kitchen furniture with prepared enamel that will wash, choosing a comforting colour scheme—dull red or dull blue on dark wood, yellow-green or gray-blue on light wood. Any gray or ivory paint may be tinted with blue, lavender, or rose.

Bring an old dresser or chairs from the attic, repair, and paint. Ten-cent glass knobs, Japanese red and black paint work miracles.

Change an old bedroom table into a wheel tray (see illustration for easy canning).

Raise the work table on rubber rollers.

Raise the dishpan to proper height.

Put a white oilcloth splasher above the sink using metal tape to finish the edges.

Save empty coffee cans and baking powder cans for supplies, painting and shellacking on labels.

Have bungalow aprons of crêpe that need no ironing, or

cheerful cretonne, to slip on instead of ugly aprons. They save other clothing.

Wear a becoming cooking cap.

Group utensils and supplies where needed to save steps.

Keep knives sharp. Have plenty of them.

Keep knives, spoons, forks, and small equipment separate.

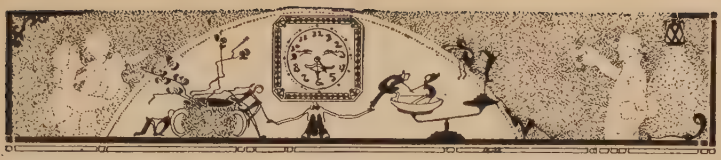
Have paper cake-pan linings ready cut.

Have squares of paper ready for oiling pans.

Hang plenty of clean holders near the stove (with slip covers).

Use rubber gloves when possible.

Use a kitchen slate in planning menus.



The Kitchen Clock

I am the Kitchen Clock.
A friend, not a slave-driver to be feared.
The guide to leisure, not a whip.
I measure the minutes that make up life.
I tick serene and steady in joy or catastrophe.
Often I had best be forgotten, for watching me too closely means time lost, not gained.

I am *not* your mentor.
There is but One.
He does not recognize me.
For I cannot measure the infinite.
When is the to-morrow that You fear?
Do to-day the things that are to-day's.
Let me work happily with You.
Let me play with You.
Forget me—and win a race with time.

Then look at my placid face and my blue rim; put on the kettle, take the Baby in your arms, and go to the gate.
A song in your heart——
For I say it is time for the Man to come home.

CHAPTER II

THE SCIENCE OF MENU BUILDING OR BALANCING THE RATION

FIFTY per cent. of all illness may be traced to the wrong selection of food. No one can tell how many more sicknesses develop as a direct result of poorly cooked, tainted, or otherwise bad food. When Pandora opened the box and let loose all the ills she did no more than many a housewife is unwittingly doing three times a day.

On what does intelligent food selection depend? Upon a knowledge of the type of foods needed by the various component parts that make up the body; upon a knowledge of the type of food fitted to replace the body-waste, whatever it may be; upon a knowledge of each different food and its mission in the body.

This may sound difficult, but it is nothing that cannot be mastered by any home-maker. Its basis is but the physiology given in a child's school-book. Its application needs only common sense and sufficient interest to mean perseverance.

The Balanced Ration

Here I might stop to talk about the balanced ration. I might explain that this means merely the combination of the right foods into meals so that the scale of supply and demand is balanced in the body.

Foods and Their Mission

Just as eight notes comprise the scale of music, eight factors must be considered in the scale of foods; and just as the notes of music may be combined to produce harmony or discord, just so may the notes of food be combined to promote harmony or discord in the body. If a composer wishes to write an appealing composition he does not attempt to

limit himself to but one or two notes. If he did this, monotony would kill his composition.

In a like manner, if meals are planned around but one or two of the eight factors, the diet is not only monotonous, but slow starvation must result. Just as certain notes in music are used more than others, certain food factors are used more frequently than others in making up the combinations for the perfect menu.

And what are these food factors and in what proportion should they appear in the meal? This is explained by the following simple table.

The Balanced Ration Table

I

The Proteins: Foods that mainly build muscle. Select *one* for each meal.

Dried mature peas, dried mature beans, lentils, milk, skimmed milk, dairy and cottage cheese, eggs, peanut butter, nuts, game, poultry, beef, lean pork, lamb, mutton, veal, fish, and all dishes containing a preponderance of any one or more of these foods, as cocoa made with milk, milk soups, escalloped cheese, hash, nut balls, etc.

II

The Starches: Foods that mainly supply fuel. Select *two* for each meal or *three*, serving smaller portions.

All cereals, all breads, crackers, macaroni, spaghetti, noodles, all starchy vegetables, as white and sweet potatoes, the dasheen, the beet, carrots, etc., bananas, all puddings with a basis of bread, cornstarch, tapioca, cereals, etc.

III

The Sweets: Foods that mainly supply condensed energy. Select *one* for each meal.

Frostings, candies, preserves and jellies, honey, maple syrup, molasses, sorghum, corn syrups, cookies, cakes, sweet puddings, ices, ice creams, and other sweet foods, sweet stewed fruit, and plain sugar as served in coffee, on cereals, etc.

IV

The Fats: Foods that mainly supply reserve force. Select *two* for each meal.

Cream, olive and all other salad oils, very fat ham or pork, very fat fish, salt pork, bacon, sausages, butter, margarine, peanut butter, all soups containing cream, full cream cheese, ripe olives, all salad dressings made with oil, rich gravies, rich pastry, most nuts, sweet chocolate, hot chocolate, ice cream, mousses, parfaits, and Bavarian creams made with cream, all puddings and cakes, containing an appreciable amount of fat, as suet pudding, puddings served with whipped cream, pound cake, etc., and all foods cooked in fat, whether it be lard or a vegetable oil, as croquettes, fritters, and doughnuts.

V

The Tonics: Foods that mainly supply minerals or acids, or both. Select at least *one* for each meal.

All fresh green vegetables, as cabbage, cucumbers, celery, onions, eggplant, all greens and all salad plants, rhubarb, and all fresh and dried fruits, except bananas. All fruit drinks, fruit gelatines, fruit ices, and canned fruits, and all undenatured or whole-grain cereals, also all dehydrated green vegetables and dried fruits except bananas.

VI

The Cleansers: Foods that mainly supply bulk. Select *one* or more for each meal.

All the Tonic foods, all coarse breads and gritty cereals, as cracked wheat or bran, all coarse vegetables, as parsnips or spinach, and all unpared fruits or those full of seeds, as well as bulky green vegetables.

VII

The Dissolvents: Foods that mainly furnish liquids to the body. Select *two* for each meal.

Water, all soups, tea, coffee, cocoa, skimmed milk, whey, buttermilk, all drinks (non-alcoholic), gelatines, ices, watery fruits, as watermelon, and vegetables, as cucumbers or tomatoes.

VIII

The Protectives or Vitamine Rich Foods: Foods that supply the vital elements necessary to life and growth. Select at least *one* or *two* for each meal.

The following foods contain two or three of the types of vitamines discovered to date:

Milk, butter, cream, cheese, nuts, tomatoes, cabbage, carrots, parsnips, cauliflower, chard, lettuce, white and sweet potatoes, spinach, honey, raw sugar, oranges, lemons, grapefruit, apples, sun-dried fruits, whole grains, etc. Certain meats, especially the vital organs of the animal, as liver, brains, kidneys, are rich in two of the vitamines. Several special vitamine rich foods may now be purchased.

A Simple Balanced Meal

It will be noted that some of these foods appear in two or more classifications. In this case, care must be taken not to repeat them too often in planning the meal. Full value should be given to their various characteristics. It may seem that in order to include these eight factors in each meal a staff of servants would be required, but as a matter of fact, a very simple meal may contain them all. To illustrate:

Luncheon or Supper

Entire-Wheat Bread and Milk
Sliced Peaches with Sugar

The milk supplies minerals, protein, fat, and vitamines; the bread, bulk, starch, minerals, and vitamines; the peaches, bulk, acid, and sugar. As in a meal of this kind a larger quantity than usual of each food is eaten, the caloric balance will be correct.

Another meal calling for little cooking is:

Luncheon or Supper

Tomato Omelet Boiled Brown Rice
Entire-Wheat Bread and Butter
Lettuce with French Dressing
Simmered Figs Tea (Adults) Milk (children)

The omelet, a protective, is also a protein, and contains bulk, with mineral, acid, and vitamines in the tomatoes. The

brown rice supplies starch, bulk, vitamines, and minerals as well, as it is an unrobbed food. The bread contains starch, vitamines, and minerals; the butter acts as a fat as well as a protective; the lettuce furnishes bulk, minerals, and the protective elements; the oil in the French dressing supplies fat; and the acid, if lemon juice, gives more vitamines; while the figs supply bulk and sweet. Water and tea for the adults act as the two liquids, and milk and water furnish liquid, while the milk supplies extra protein and protection for the children. In fact, the meal will balance for the child if the omelet is not served; his lettuce should be served without the dressing and in case of a small child, the figs should be sifted.

These are but two of an almost limitless list of menus that may be quoted *to prove that the balancing of the ration, or the combining of foods in the best way to promote health, is a very easy task.* To simplify things, the home-maker must plan the meals in such a way that each member of the family may secure the proper food without much extra cooking. We are liable to plan meals that are too complicated, rich, and indigestible. If we will only remember that those foods *which are suited to the average child are just as well suited to the adult, and stick to it,* our national bill for medical and dental attendance will be lessened by millions.

In order to nourish the family adequately, the home-maker must bear in mind that a man at strenuous labour, or a very athletic boy, needs more fat and sweets than one doing mental or clerical work; that a very active child will eat more of everything than one who is more quiet; *that very old people and children need the same type of food,* and that women should eat less than men except when engaged in hard physical work.

It is not sufficient to balance the meals by the day, as so many authorities advocate, serving merely a bite at breakfast, a skimpy luncheon, and "filling up" at dinner. The body waste goes on continuously, even in sleep, and the reason that so many become "run down" is *because this waste is not replenished as fast as it takes place.*

(For all types of menus see section on Suggestive Balanced Menus.)

Many seem to think that they cannot afford properly to combine the meals. On the other hand, they cannot afford

not to, for wherever it is done, *bills decrease.* Why? Because every part of the body finds satisfaction in each meal. The body's search for necessary food elements, manifested by over-eating, ceases, and the preparation of a smaller amount of food at each meal will suffice.

But it is not enough merely properly to combine foods—as well try to be well-nourished by eating this cook book! The most exact menu may be a complete failure if it is not carefully prepared; and careful preparation means more than putting things together in the old-fashioned, wasteful way, discarding the minerals and vitamines in peeling and cooking waters, or using robbed foods.

(See section on The Technique of Cookery.)

SUGGESTIVE BALANCED MENUS

Menus specially planned to feature certain foods or to show how they may be intelligently introduced will be found in their proper places throughout the text of this book. The following section of menus has been so planned that with variations it may act as a year's guide in menu making for the average family. In every case cool—not iced—water is to be served with the meal.

Menu Suggestions for a Year

By following these menus, substituting for variety different foods, and repeating the menus every three or four weeks, a complete year of suggestions is obtained.

Balanced Menus for a Week in Fall

SUNDAY

Breakfast

Grapes
Rice Cooked in Milk Maple Syrup
Corn Bread and Butter
Coffee (Adults) Milk (Children)

Luncheon or Supper

Celeriac or Potato Salad
Bread and Butter
Squash Pie
Tea

Dinner

Vegetable Bouillon
Meat Loaf Stewed Tomatoes Baked Potatoes
Bread and Butter
Lettuce Celery and Grape Salad
Gingerbread with Whipped Cream
Black Coffee

MONDAY

Breakfast

Stewed Prunes
Corn Flakes and Milk
Boiled Eggs Toast and Butter
Coffee (Adults) Milk (Children)

Luncheon or Supper

Lima Bean Chowder Hot Crackers
Celery
Baked Custard
Tea

Dinner

Cream of Corn Soup
Nut and Bread Balls Peas Rolls and Butter
Tomato Salad with French Dressing
Spice Cake Black Coffee

TUESDAY

Breakfast

Apples
Prepared Cereal and Milk
Frizzled Dried Beef on Toast
Coffee (Adults) Milk (Children)

Luncheon or Supper

Poached Eggs with Rice and Cheese
Graham Bread and Butter
Grape Jelly Cocoa

Dinner

Broiled Halibut or Mackerel Parsley Sauce
Spinach Spaghetti Italian
Bread and Butter
Spice Cake (Left-over) served with Custard Sauce
Black Coffee

WEDNESDAY

Breakfast

Oatmeal cooked with Dates Top Milk
Bacon Muffins and Butter
Coffee (Adults) Milk (Children)

Luncheon or Supper

Boston Baked Beans
Steamed Brown Bread and Butter
Piccalilli
Canned Peaches Tea

Dinner

Chicken or Veal Fricassee
Boiled Rice Buttered Beets
Sweet Pickles Bread and Butter
Hermits Sliced Oranges
Black Coffee

THURSDAY

Breakfast

Baked Figs
Swedish Omelet Reheated Rolls and Butter
Coffee (Adults) Milk (Children)

Luncheon or Supper

Chicken or Veal Soup Dumplings
Mince Pie
Tea

Dinner

Beef Casserole Buttered Carrots (en casserole)
Entire-Wheat Bread and Butter
Lettuce with Russian Dressing
Grape Juice Tapioca
Black Coffee

FRIDAY

Breakfast

Pears
Cracked Wheat Top Milk
Creamed Codfish on Toast
Coffee (Adults) Milk (Children)

Luncheon or Supper

Baked Bean Soup
Hot Toast
Orange Shortcake
Tea

Dinner

Beef Pie (made from casserole) or
Escalloped Salmon Mashed Potatoes
Diced Turnips Tomato Aspic Salad Bread and Butter
Steamed Raisin Roll Lemon Sauce
Black Coffee

SATURDAY

Breakfast

Cornmeal Mush with Dates and Top Milk
Plain Puffy Omelet Reheated Rolls and Butter
Coffee (Adults) Milk (Children)

Luncheon or Supper

Soup (from dinner left-overs)
Savoury Cottage Cheese Salad
Rye Bread and Butter
Grape Jelly Tea

Dinner

Roast Ham Currant Jelly Sauce
Baked Sweet Potatoes Stewed Tomatoes
Celery Green Pepper and Cabbage Slaw
Bran Bread and Butter
Apple Strudel Black Coffee

Varying the Fall Menu

Substitute any of the following dishes in the proper places (for recipes and further suggestions, see apropriate chapters in this book). It will be noticed that the dishes substituted are of *like nature* and prepared by a similar process. It is *not* possible to substitute foods having very different values, as a Bavarian cream instead of custard, mayonnaise for French dressing, etc.

Breakfast

Grapefruit or pears instead of oranges.
Stewed apricots or canned plums instead of prunes.

Farina, brown rice, or oatmeal, instead of cereals mentioned.
Shirred eggs, scrambled eggs with any variation, for any egg dishes.
Any creamed fish, creamed meat, or eggs for creamed codfish.
Cocoa instead of milk for children.

Luncheon or Supper

Escalloped meat, fish, or vegetable with hard cooked eggs or cheese instead of escalloped cheese.
Rice, sweet potato, or any variation of potato salad instead of plain potato salad.
Corn or any fish chowder or soup made of legumes for lima bean chowder.
Any egg or light meat or fish dish in place of poached eggs.
Any soup or dish of legumes or nuts for Boston baked beans.
A choice of any stock or cream soup for chicken soup.
Risotto, spaghetti Italian, or any baked stuffed vegetable or dish of legumes instead of baked bean soup.
Ginger or cream cookies instead of hermits.
Any canned or stewed dried fruit instead of prunes or figs.
Apple sauce or everyday fruit cake, in place of spice cake.
Any custard pie instead of mince.
Any shortcake in place of orange.
Any custard dessert in place of baked custard.

Dinner

Any broiled meat instead of pork chops.
Hamburg steak or any pot roast instead of meat loaf.
Any meat substitute instead of nut and bread balls.
Any broiled or boiled fish in place of mackerel.
Any stewed meat or casserole of meat for chicken fricassee.
Any pot roast, casserole, or fricassee instead of beef casserole.
Hash, escalloped meat, meat loaf, or any meat pie instead of beef pie.
Any potato dish instead of the one indicated in each menu with similar food value, as boiled rice, buttered spaghetti, noodles cooked in milk.

Any fresh or canned vegetable of similar type.
Any similar salad with the dressing indicated.
Any made fruit dessert in place of upside-down apple pie or steamed raisin roll.
Any fruit tapioca or gelatine instead of grapejuice tapioca.

Balanced Menus for a Week in Winter

SUNDAY

Breakfast

Grapefruit
Griddle Cakes and Sausages Syrup Butter
Coffee (Adults) Milk (Children)

Luncheon or Supper

Toasted Cheese and Pimiento Sandwiches
Sweet Pickles
Sponge Cakes Jam
Tea

Dinner

Stuffed Shoulder of Veal
Carrots Boiled Rice Bread and Butter
Lettuce with French Dressing
Fruit Gelatine Sponge Cakes Coffee

MONDAY

Breakfast

Sliced Oranges
Oatmeal Top Milk
Creamed Dried Beef on Toast Butter
Coffee (Adults) Milk (Children)

Luncheon or Supper

Shrimp Salad Bread-and-Butter Sandwiches
Left-over Fruit Gelatine
Cookies Tea

Dinner

Spinach Soup
Sliced Veal reheated in Gravy
Turnips and Potatoes Mashed together
Cranberry Sauce Bread and Butter
Tapioca with Bananas
Coffee

TUESDAY

Breakfast

Cereal with Dates Top Milk
Scrambled Eggs on Toast
Coffee (Adults) Milk (Children)

Luncheon or Supper

Cheese Soufflé Bread Sticks and Butter
Watercress Salad with French Dressing
Left-over Tapioca with Bananas
Tea

Dinner

Broiled Pork Chops
Fried Apples Baked Potatoes Boiled Beets
Bread and Butter
Rice Pudding Coffee

WEDNESDAY

Breakfast

Stewed Dried Peaches
Flaked Cereal Top Milk
Broiled Bacon Entire-Wheat Muffins Butter
Coffee (Adults) Milk (Children)

Luncheon or Supper

Macaroni with Tomatoes and Cheese
Bread and Butter
Hot Gingerbread Cocoa

Dinner

Stuffed Beef Roll
Pickled Beets Creamed Potatoes Canned Spinach
Bread and Butter
Lemon Pie Coffee

THURSDAY

Breakfast

Baked Apples
Cereal Top Milk
Liver and Bacon
Whole Wheat Bread Butter
Coffee (Adults) Milk (Children)

Luncheon or Supper

Left-over Beef Roll Stewed Tomatoes
Hot Biscuits and Honey
Tea

Dinner

Corned Beef Potatoes Cabbage Carrots
Bread and Butter Chow-Chow
Orange Shortcake Coffee

FRIDAY

Breakfast

Oranges
Puffed Cereal Top Milk
Corned Beef Hash Bran Rolls Butter
Coffee (Adults) Milk (Children)

Luncheon or Supper

Tuna Fish Salad
Reheated Rolls and Butter
Stewed Dried Apricots Tea

Dinner

Tomato Soup
Pan Fried Fish Mashed Potatoes Canned Spinach
Bread and Butter
Banana Salad Cream Cheese
Coffee

SATURDAY

Breakfast

Stewed Figs
Brown Rice Top Milk
Scrapple Muffins Butter
Coffee (Adults) Milk (Children)

Luncheon or Supper

Cream of Pea Soup Toasted Crackers
Gingerbread Hot Apple Sauce
Tea

Dinner

"Bubble and Squeak"
Steamed Potatoes Bread and Butter
Caramel Custard
Coffee

Varying the Winter Menus

Substitute any of the following dishes in their proper places. Recipes for the substitute dishes will be found in this book:

Breakfast

Substitute any acid fruit for oranges or use them interchangeably.

Use any kind of stewed dried fruit instead of prunes or peaches, as dried pears, figs, or dates, or use canned fruit that is not too sweet.

Use any kind of cereal; remember there is a wide variety from which to choose. Give preference to whole grains. During the winter months hot cereals should be freely introduced, as brown rice, Irish oatmeal, cornmeal mush, hominy, cracked wheat, etc.

Substitute any light meat or fish dish instead of bacon and eggs, sausages, creamed dried beef, liver and bacon, corned beef hash, and so on—a few suggestions are creamed lamb, codfish cakes, creamed codfish, dried beef scrambled with eggs, thin slices of broiled ham, or use simple egg dishes. See ways in this book in which eggs may be extended with other foods to make them go further, as many kinds of scrambled eggs, potato omelet, etc.

Substitute crumb or other griddle cakes for plain cakes, or use waffles or plain fritters; hot breads taste their best in winter; introduce any of the muffins given, or entire-wheat baking powder biscuits.

Use cocoa or cereal coffee with plenty of milk instead of cold milk for the children.

Luncheon or Supper

Substitute for the cream of pea soup any cream soup or milk chowder.

For the toasted cheese and pimiento sandwiches, any of the substantial sandwiches containing a protein food.

For cheese soufflé, any of the cheese dishes enumerated.

Risotto or spaghetti with cheese, for the macaroni with tomatoes and cheese, or any rice or noodle dish calling for cheese or potatoes au gratin.

Substitute for left-over beef roll and tuna fish salad any light meat, as reheated canned corned beef, veal loaf, or creamed lambs' tongue, or creamed salmon, shrimp wiggle or escalloped tuna fish.

Instead of apple, celery, and nut salad substitute any simple fruit salad served with cream cheese or nuts.

In place of small cakes or cookies, use sweet crackers, gingerbread or cake, fruit and nut muffins, or waffles with melted jelly or syrup.

Dinner

Instead of baked beans use any of the meat substitutes: in place of stuffed veal, substitute shoulder of fresh pork or lamb, rolled stuffed steak, or baked spare-ribs.

In place of broiled pork chops, substitute any of the broiled meats as steak, hamburg steak, lamb steak, ham, etc.

In place of corned beef use any kind of pot roast or salted meat as ham or beef à la mode. In place of fried pan fish, use any kind of fish desired, either fresh or canned.

Use any starchy vegetable in place of rice as sweet potatoes, or any of the potato recipes except fried potatoes, which should only be used as a substitute for a vegetable calling for an equal amount of fat.

Instead of carrots use beets, turnips, parsnips, salsify, or winter squash, or use the same list of vegetables including carrots in place of beets.

Use any soup calling for greens in place of spinach soup, and substitute any type of pickle or relish for those enumerated.

Instead of baked Indian pudding use any cereal pudding, as any of the tapiocas, rice pudding, bread pudding, macaroni, or grape-nuts pudding.

Instead of fruit gelatine use any fruit dessert, as fruit cup, canned fruit, sliced oranges with cocoanut, etc.

In place of lemon pie use raisin, prune, orange, cream, or butterscotch pie.

In place of bread-and-butter-pudding substitute any cereal pudding, and instead of banana salad, any fruit salad.

Balanced Menus for a Week in Spring

SUNDAY

Breakfast

Sliced Oranges
Broiled Ham Waffles Butter Maple Syrup
Coffee (Adults) Milk (Children)

Luncheon or Supper

Fruit Salad Mayonnaise
Finger Rolls Butter
Sponge Cake Jam Tea

Dinner

Panned Chicken
Parsley Potatoes Peas Currant Jelly
Rye Bread and Butter
Pineapple Sherbet
Coffee

MONDAY

Breakfast

Stewed Rhubarb
Cereal Top Milk
Bacon Omelet Toast Butter
Coffee (Adults) Milk (Children)

Luncheon or Supper

Reheated Panned Chicken Bread and Butter
Strawberry Sponge Roll
Tea

Dinner

Corned Beef New Cabbage
Steamed Potatoes Bread and Butter
Radishes
Sour Cream Pie Coffee

TUESDAY

Breakfast

Sliced Bananas
Wheat Cereal — Top Milk
Creamed Dried Beef
Entire-Wheat Bread — Butter — Marmalade
Coffee (Adults) — Milk (Children)

Luncheon or Supper

Vegetable Salad — Mayonnaise
Egg Rolls — Left-over Cream Pie
Cocoa

Dinner

Tomato Bouillon — Croutons
Cold Corned Beef — Lyonnaise Potatoes
Sliced Cucumbers — Bread and Butter
Tapioca Custard — Coffee

WEDNESDAY

Breakfast

Cereal with Figs — Top Milk
Finnan Haddie — Reheated Egg Rolls — Butter
Coffee (Adults) — Milk (Children)

Luncheon or Supper

Creamed Corned Beef — Bread and Butter
Left-over Tapioca Custard
Tea

Dinner

Broiled Steak
Escalloped Potatoes — Stewed Tomatoes
Entire-Wheat Bread and Butter
Lettuce, dressed at the table
Cottage Pudding — Strawberry Sauce
Coffee

THURSDAY

Breakfast

Fresh Strawberries
Hominy — Top Milk
Frizzled Ham — Toast — Butter
Coffee (Adults) — Milk (Children)

Luncheon or Supper

Baked Potatoes with Chives Cheese Sandwiches
Left-over Cottage Pudding
Tea

Dinner

Irish Stew
Asparagus with Melted Butter Bread and Butter
Lettuce Salad Thousand Island Dressing
Fruit Gelatine Coffee

FRIDAY

Breakfast

Sliced Fresh Pineapple
Scrambled Eggs with Tomatoes
Cereal Muffins
Coffee (Adults) Milk (Children)

Luncheon or Supper

Shrimp Salad
Reheated Muffins Butter
Left-over Fruit Gelatine
Tea

Dinner

Broiled Shad Roe
Creamed Potatoes Boiled Carrots
Bread and Butter
Asparagus Salad
Steamed Cabinet Pudding Lemon Sauce
Coffee

SATURDAY

Breakfast

Rhubarb Sauce
Oatmeal Top Milk
Bacon Griddle Cakes Syrup
Coffee (Adults) Milk (Children)

Luncheon or Supper

Fried Tomatoes with Milk Gravy
Whole Wheat Bread Butter
Baked Custard Tea

Dinner

Broiled Steak
Mashed Potatoes Quick Cabbage Pickled Beets
Bread and Butter Tutti Frutti Cake
Coffee

Varying the Spring Menus

Breakfast

Use figs, raisins, or soaked dehydrated apples in place of dates.

Use rhubarb, grapefruit, strawberries, fresh pineapple, and oranges interchangeably.

Substitute canned peaches or baked plantains for bananas.

Use the cereals interchangeably, calling freely upon the ready prepared varieties as the flakes, shredded wheat, grape nuts, etc., which suggest coolness.

Substitute any kind of egg dish, not fried, for baked eggs in ramekins.

Use dried beef, broiled smoked salmon, grilled sardines, broiled sweetbreads, minced left-over chicken, fried tripe instead of broiled ham, frizzled ham, or dried beef.

Use any creamed fish in place of finnan haddie or substitute broiled fresh salt mackerel, or fish baked in milk.

Introduce a wide variety of breads. Use plenty of whole grain muffins as bran, or fruited muffins, containing raisins or dates.

The spring diet must have plenty of bulky foods. Use milk, cocoa, and cereal coffee with plenty of milk interchangeably for the children according to the thermometer.

Luncheon or Supper

Substitute any savoury starchy dish combined with protein for escalloped potatoes with bacon, as Rissotto, spaghetti with cheese, Spanish rice served with plenty of cheese, potatoes au gratin, or potato-and-egg salad.

Use any fruit salad for Sunday and substitute any kind of light meat or fish for panned chicken.

Use any mixture of vegetables or any stuffed vegetable salad, or any variation of potato salad for the plain vegetable salad planned for Tuesday.

Use any kind of creamed meat or fish in place of creamed corned beef (see chapter on Utilizing Left-overs).

Substitute for baked potatoes with chives any potato dish desired, including fried potatoes.

In place of shrimp salad use any kind of fish salad, fish left-over, fish croquettes, or fish balls.

Substitute for sponge cake any kind of cake containing little shortening or gingerbread.

Substitute for left-over cream pie any custard or other dessert containing protein, in the form of milk, eggs, or nuts.

In place of tapioca custard use any custard dessert, any rice and milk combination for any of the bread puddings (see section on Desserts).

In place of cottage pudding use sponge pudding, any shortcake, chocolate roll, or jelly roll.

Instead of fruit gelatine use any fruit cup, fresh or canned fruit.

Dinner

Instead of veal chops en casserole use any casserole combination.

In place of panned chicken substitute chicken fricassee, chicken pie, veal fricassee, or meat loaf.

Instead of corned beef use any pot roast or meat en casserole.

Instead of split pea soup substitute lentil or bean soup or lima bean chowder.

In place of broiled steak use any broiled meat, as chicken, ham, veal chops, veal cutlet, etc.

Instead of Irish stew, substitute chicken, veal stew, or fish chowder.

In place of broiled shad roe use haddock, white fish, sea bass, haddock fillets, shad, etc.

Use the various starchy vegetables interchangeably, samp, or cold cereals sliced and browned in the oven.

Use the green vegetables interchangeably, as spinach, asparagus, beet greens, dandelion greens, young onions creamed on toast.

Substitute any salad greens for those enumerated, as romaine, dandelion, etc., and vary the dressings (see section on Salads).

Introduce different combinations of salads dressed at the table.

Vary the desserts by introducing instead of the fruit desserts mentioned any fruit shortcake, fruit cups, fruit tapiocas, fruit gelatine, fruit ices, or sherbets.

Use instead of sour cream pie butterscotch pie, chocolate cream pie, caramel, or any of the other custard pies.

Use plenty of entire-wheat bread and butter.

Balanced Menus for a Week in Summer

SUNDAY

Breakfast

Currants and Raspberries
Frizzled Ham Reheated Raised Biscuits Butter
Coffee (Adults) Milk (Children)

Luncheon or Supper

Cheese Toasted Crackers Olives
Fruit Salad Honey Dressing
Cake Iced Tea

Dinner

Roast Beef Gravy
Browned Potatoes Corn-on-Cob
Bread and Butter
Pineapple Fruit Cup Cookies
Demi-tasse

MONDAY

Breakfast

Cereal with Fruit Top Milk
Scrambled Eggs Toast Butter
Coffee (Adults) Milk (Children)

Luncheon or Supper

Tuna Fish Salad
Bread and Butter
Caramel Junket Tea, Hot or Iced

Dinner

Jellied Bouillon
Cold Roast Beef Creamed Potatoes
Fresh Peas Pickles Bread and Butter
Uncooked Fruit Pie
Coffee

TUESDAY

Breakfast

Berries
Wheat Cereal Top Milk
Browned Roast Beef Hash Rolls Butter
Coffee (Adults) Milk (Children)

Luncheon or Supper

Vegetable Chowder (using Beef Bones)
or Mixed Vegetable Salad with Mayonnaise
Reheated Rolls Butter
Sliced Peaches Cookies Tea

Dinner

Cold Boiled Ham
Plain Boiled Potatoes with Butter Sauce
Spinach Rye Bread and Butter
Sliced Tomatoes
Chilled Rice Pudding Iced Coffee

WEDNESDAY

Breakfast

Cantaloupe
Broiled Bacon Cereal Muffins Butter
Coffee (Adults) Milk (Children)

Luncheon or Supper

Egg Salad Boiled Salad Dressing
Frozen Fruit Cake
Tea, Hot or Iced

Dinner

Russian Savoury Ham
New Potatoes Boiled Beets
Entire-Wheat Bread and Butter
Steamed Fruit Dumplings Hard Sauce
Coffee

THURSDAY

Breakfast

Pears
Flaked Cereal Top Milk
Shirred Eggs Rolls Butter
Coffee (Adults) Milk (Children)

Luncheon or Supper

Macaroni with Tomato Sauce and Cheese
Reheated Rolls and Butter
Fresh Fruit Tea

Dinner

Broiled Lamb Chops Mint Sauce
Fried Potatoes String Beans Bread and Butter
Harvard Crimson Pudding
Coffee

FRIDAY

Breakfast

Apricots
Cereal Top Milk
Picked-up Codfish
Toast and Butter
Coffee (Adults) Milk (Children)

Luncheon or Supper

Creamed Corn
Cheese and Green Pepper Sandwiches
Left-over Harvard Pudding
Tea

Dinner

White Fish in Ruby Aspic
Saratoga Potatoes Summer Squash
Bread and Butter
Cucumber, Peas, and Beet Salad with Boiled Dressing
Cream Cheese Crackers
Iced Coffee

SATURDAY

Breakfast

Watermelon
Prepared Cereal Top Milk
Eggs Creamed on Toast
Coffee (Adults) Milk (Children)

Luncheon or Supper

Potato and Nut Salad Boiled Dressing
Raised Biscuits Blueberries
Tea, Hot or Iced

Dinner

Veal Cutlets Tomato Sauce
Carrots Mashed Potatoes Radishes
Bread and Butter
Cocoa Tapioca Pudding Iced Coffee

Varying the Summer Menus

Breakfast

Use any acid fruit instead of oranges, as strawberries, stewed rhubarb, fresh pineapple, or grapefruit.

Use the various kinds of berries interchangeably, as currants, raspberries, blackberries, black caps.

In combining cereals with fruit, choose only bland fruits, as pears, peaches, sweet plums.

Use the different melons interchangeably.

Introduce plenty of prepared cereals, but for variety have a cooked cereal, preferably cooked in milk, twice a week.

For the main course at breakfast, substitute any kind of creamed fresh or salt fish.

Substitute any of the scrambled-egg combinations, any light meat that is not greasy, with poached or boiled eggs, or omelet.

Use cold milk for the children, or substitute occasionally cold cocoa, not iced, or cold cereal coffee with plenty of milk.

Introduce plenty of entire-wheat bread and butter, or whole

corn muffins, making enough at one time to serve for two meals.

Luncheon or Supper

Use any salad containing a protein instead of potato and nut, as potato salad with ham dressing, cottage-cheese salad, dairy-cheese salad, etc.

Substitute for cheese toast, crackers with peanut butter.

For tuna fish salad, any fish, meat, or plain-egg or stuffed-egg salad.

For vegetable chowder, any fish chowder or cream soup.

For egg salad use any fish or meat salad.

Instead of macaroni with tomato sauce and cheese use any savoury dish of starch or cereal nature, as French toast, spaghetti Italian, noodles polonaise, or any cereal, as rice in combination with fish, as kedgeree or jambolaya.

Instead of creamed corn substitute any creamed vegetable, any vegetable cooked in milk, or any vegetable soufflé or vegetable custard.

For raised biscuits substitute coffee cake, Philadelphia cinnamon buns, Sally Lunn, or any of the scones.

Instead of junket use any milk pudding, as chocolate cornstarch, tapioca cream, French ice cream, or frozen custard.

Introduce a variety of cakes, hermits, molasses cookies, sour cream cookies, nut cookies, etc.

In place of cabinet pudding use any bread pudding, upside-down fruit pie, steamed raisin roll, boiled bread pudding, rice pudding ice cold with butterscotch sauce. Instead of Harvard pudding use any cornstarch pudding or tapioca, or any of the gelatine sponges in this book.

Introduce plenty of iced drinks (see section on Fruit-ades in the chapter on Beverages).

Dinner

Substitute for veal cutlets, lamb steak, minute steak, fried chicken, chicken pie, pressed beef, or meat loaf.

For roast beef use any roast meat or pot roast.

Instead of cold boiled ham use tongue, corned beef, or fowl cooked tender.

Instead of lamb chops substitute any meat or fish that can be broiled.

In place of white fish in ruby aspic use any fish loaf, cold boiled salmon or halibut with sauce tartare, or any creamed or fried fish, or fried shrimps.

Introduce plenty of summer vegetables, using summer squash, eggplant, cucumbers, tomatoes, and corn interchangeably; any of the greens including spinach, chard, beet tops, and dandelions may be substituted for the other. Use new lima beans, string beans, fresh peas, buttered beets, French artichokes, cabbage, and onions interchangeably. Use carrots and turnips interchangeably.

Introduce plenty of green salads dressed at the table, using a variety of French dressings.

Introduce plenty of raw vegetables as sliced tomatoes, radishes, cole slaw, dandelion salad, raw carrot salad, young onions, etc.

Use as many simple desserts as possible, introduce the raw fruits, as in shortcake, fresh sugared fruit combined with a simple cake or cookies; fruit gelatine, fruit sponges, or fruit cups.

Introduce frozen fruits, plain or with cream (see section on Frozen Desserts).

Use any of the cereal desserts instead of rice pudding, and introduce chocolate, vanilla, or a fruit ice cream or charlotte russe, made with new apple sauce and a little whipped cream, instead of tapioca pudding.

Introduce plenty of cold drinks as iced tea or coffee, any of the fruit-ades or grape juice or loganberry juice, with or without ginger ale.

BALANCED VEGETARIAN MENUS

Whether a mixed or vegetarian diet is used, the menus must always be balanced. I have found in most cases that those adopting a vegetarian diet were liable to eat too many starches and an insufficient amount of protein. In order to supply this element it is necessary to use milk, eggs, and cheese, as

otherwise there are but two primary sources left—nuts and dried mature peas, beans and lentils—insufficient to provide variety.

In planning vegetarian meals, carefully study the balanced ration table, then refer to the various sections in this book for specific recipes; it will be found possible to make up a delicious varied diet.

BALANCING NURSERY MENUS

No matter how small the child may be if he is in normal condition his menu must be balanced and contain a suitable amount of protein, carbohydrate, fat, sugar, minerals, liquid, and protectives. All of these elements are found in the right degree in mother's milk. In introducing artificial feeding, similar elements must be supplied.

The very small child—up to six months—is not given any bulky food because it has no teeth. The laxative elements are supplied in other ways—through the introduction of enough water, the natural vitamines present in the milk, or added vitamines in the form of orange juice, or the juice from fresh or canned tomatoes. When the child is five or six months old, a little honey helps to introduce this needed element.

In the feeding of very small babies the calorie probably plays its most important part, the weight of the child largely dictating the amount of each food element needed in the diet. If there is any question as to the growth and well-being of the child a baby specialist should prescribe the diet.

Feeding the Child of One to Two Years

At this age the child has begun to eat solid food. Care must be taken to cook each food so that all of the nutriment is retained (see section on The Technique of Cookery) to provide a sufficient quantity of the vitamine or protective foods and especially to give the child the right quantity of milk—a quart a day being the approximate amount.

The child should be taught to taste foods even though he may not desire to do so, for it is imperative for good health that a variety of foods be eaten and it is only by beginning this excellent habit in early childhood that a truly balanced ration for later years can be constructed.

During this period the child is usually given five meals a

day. This is because the energy given off by his activities is so great that it must be frequently replenished. *Absolutely nothing* should be given the child to eat between meals, which must be served at a regular time each day. The child should be given water between meals—as much as he will drink.

A Day's Menus for a Child from One to Two Years

6 A.M. (on arising): One cupful of warm milk.

8 A.M.: From two to three tablespoonfuls of either orange juice, prune pulp and juice, sifted cooked figs and juice, or tomato juice.

10 A.M.: From two to three tablespoonfuls of either sifted cooked whole-grain cereal, as cracked wheat, brown rice, whole ground cornmeal mush, or a whole-wheat cereal. Serve with one or two tablespoonfuls of top milk and a very little honey. Three fourths to one cupful of warm milk to drink; choice of one to two slices of stale entire-wheat bread, dry toast, or zwieback.

2 P.M.: The yolk of a coddled egg, or one cupful of cream of spinach or cream of carrot soup; a choice of two to three teaspoonfuls of sifted cooked carrots, peas, spinach, or asparagus tips; one cupful of warm milk; one or two slices of stale bread or dry toast.

5:30 P.M.: Two to three tablespoonfuls of cold jellied cereal, warm cooked cereal, as Irish oatmeal, whole-grain cornmeal mush, a whole-wheat cereal, or brown rice sifted. Serve with two to four tablespoonfuls of top milk. One or two graham or whole-wheat crackers; one cupful of warm milk to drink.

10 P.M.: The child should not be wakened for this meal; if he normally wakens, give him from a half to a cupful of warm milk.

A little study of this menu and comparison with the table of food factors will show how closely it is balanced. It will be noticed that the amount of sugar provided is present only in the milk itself and as it naturally comes in the various foods.

Care should be taken to give the child a variety; do not repeat the same foods day after day, but provide a choice, lest the child tire of them and refuse to eat.

This diet will oftentimes be sufficient for a child up to two and a half years, but if the child is very active and outdoors most of the time it will probably be necessary to provide more foods. At this period the child usually begins to sleep later in the morning, so the six o'clock feeding can be omitted and an early, complete breakfast be provided instead.

If the child seems fretful and unsatisfied, these schedules should be amplified to include the following foods as soon as he appears to require them.

A Day's Menus for a Child from Two to Four Years

On arising: Three tablespoonfuls of orange or tomato juice.

7:30 A.M.: Two tablespoonfuls sifted simmered prunes or figs, or chopped ripe apple; two tablespoonfuls cracked wheat, cornmeal mush, brown rice, or Irish oatmeal with three tablespoonfuls of top milk and a half teaspoonful of honey or raw sugar; one or two slices of entire-wheat bread and butter or buttered toast; one cupful of warm milk.

This may be varied by substituting ripe peaches for the apple or sifted apple, or pear sauce for the prunes.

10 A.M.: One small cupful of beef broth, chicken broth, or warm milk.

1:30 P.M.: One cupful of cream of spinach soup; one baked potato with butter; two to three tablespoonfuls of chopped buttered carrots; one small baked custard.

This may be varied by using cream of carrot, celery, or lettuce soup, substituting parsnips, cooked celery, spinach, or lettuce for the carrots, and using junket, soft cooked or cereal custard instead of baked custard.

3:30 P.M.: One cupful of warm milk and two whole-wheat crackers.

5:30 P.M.: One egg, poached, coddled, or shirred; two slices of buttered entire-wheat bread toast; one piece of stale gingerbread or a ginger cooky; one coddled apple; one cupful of warm milk to drink.

This may be varied by substituting a cooked cereal with top milk for the egg, oatmeal or sugar cream cookies for the gingerbread, apple sauce or sifted prunes or figs for the apple, and cocoa-flavoured milk for the plain milk.

Water should always be offered between meals.

No fried foods, sweet foods, other than those specified, candies, tea, or coffee should be given.

A Day's Menus for a Child from Four to Seven Years

From four to seven, the child's meals can consist, at least in part, of the foods usually served to the family; but if dinner is at night, it will be necessary to serve the child his dinner at noon. It is often possible to save foods from the preceding day for this purpose, in order to avoid cooking complications. The child's supper should be served not later than six in the evening if his bedtime is at seven; earlier if the child is put to bed before this.

Milk should still be the main part of the diet, a quart a day being provided; this does not mean that the child should drink a quart of milk in addition to eating other foods; part of the milk may be used in making up those foods, as cream soups, custards, junket, creamed vegetables, etc.

Half an hour before breakfast: The juice of an orange.

Breakfast (not later than 8 A.M.): Some ripe fruit (not acid) as an apple or peach; a whole-grain cereal cooked in milk, served with top milk and a little raw sugar or honey; buttered toast; a glass of warm milk or cocoa-flavoured milk.

This menu may be varied by substituting ripe berries for the fruit, or using a baked apple, coddled pear, dates, stewed prunes, or figs. Any kind of cereal may be substituted for the rice, preferably whole-grain, or a coddled, poached, or shirred egg may be used.

Dinner (not later than 12:30 o'clock): Stewed chicken; mashed potato; spinach; entire-wheat bread and butter; fruit tapioca with top milk; warm milk to drink.

This may be varied by substituting boiled fish, broiled steak, roast lamb, lamb chops, boiled beef, or tongue for the chicken; by using instead of mashed, potato baked, creamed, or any kind of potato that is not fried, or noodles, spaghetti, or macaroni. The spinach may be varied by any kind of a plain cooked vegetable, as quick cabbage, stewed tomatoes, buttered parsnips or carrots, Swiss chard, etc. Any simple

dessert may be substituted for the fruit tapioca, as prune whip, floating island, caramel junket, etc.

Supper (not later than 6 o'clock): Vegetable soup (vegetables left in) with toasted croutons; entire-wheat bread and butter, a little honey or maple syrup, oatmeal cookies, apple sauce, warm milk.

This may be varied by any kind of a simple stock or cream soup containing vegetables, or by serving milk toast, or a poached, scrambled, shirred, or coddled egg. Any simple cookies, as ginger or cream cookies, plain gingerbread or sponge cake and sliced fresh peaches, grated or sliced apple, stewed pears, or fresh berries may be served.

If the child can be trusted to masticate the food properly a few nut-meats may be used in place of the vegetable soup. Cottage cheese may also be served, or macaroni with cheese, or potatoes au gratin may be used.

Lettuce or celery should be introduced frequently at either dinner or supper.

If the child seems to be hungry in mid-afternoon, give him a little warm milk and an entire-wheat or graham cracker.

This book contains a large number of recipes planned to meet the needs of children. It must be kept in mind that although the child is young, his requirements are relatively the same as those of grown-ups and the foods that are provided for him can, in part at least, constitute the regular menu.

For further suggestions as to the specific preparation of many suitable dishes, see sections on Cereals, Eggs, Yeast Breads (for recipe for Entire-Wheat Bread), Desserts (for Custards, Junket, Simple Fruit Gelatines, etc.), Meats, Vegetables, and Cakes (for Sponge Cake and Simple Cookies).

THE SCHOOL LUNCH BOX

The proportion of under-nourishment among both city and country school children has been so appallingly great that in many instances it has been necessary to establish a school luncheon. With the city child, the under-nourishment can often be traced to lack of an adequate breakfast; with the country child, to lack of an adequate breakfast as well as an unbalanced luncheon brought from home, containing an

WHEN "MOTHER" STEPS ASIDE THE SCHOOL HAS TO STEP IN!

This illustrates what some schools have had to do to keep the pupils properly nourished

A SUCCESSFUL INDUSTRIAL CAFETERIA

Even business firms find that the balanced ration is indispensable—a kind of wholesale housekeeping!

undue amount of starch and sugar, little or no protein, and but few vitamine foods.

In certain schools the difficulty has been overcome by providing a hot noon luncheon, which is sold to the children at cost. In other cases, where this is not practicable, milk is sold to the children at a small sum per half pint bottle. The results in both instances were immediately beneficial, the children gaining in weight, in improved colour, and eventually in keener intelligence. In one city it has been found that the average child completes the eight customary years of school twenty-five per cent. sooner than is usually done.

It would seem, however, a reflection on the intelligence of American Motherhood when the introduction of municipal and civic cooking is necessary for the progress—physical and mental—of our children. Certainly, most city mothers can provide three balanced meals a day for their children, no matter if the income is small, for there are always foods which may be chosen that, at the same time, are inexpensive and sufficiently nutritious.

The country mother, whose child attends a distant school and cannot come home to luncheon or dinner at noon, can give her child a balanced morning and evening meal, and can provide a balanced noon meal which can be easily carried in the school lunch box or basket. The container itself should be attractive and of such nature that it can be easily and thoroughly cleaned and aired. Plenty of waxed paper will be needed in packing the contents; paper napkins should be provided and a hot-cold bottle should be procured, to make possible the carrying of various liquid foods.

The menus should be varied, possessing the element of surprise. Plenty of whole-grain breads should be used in the making of sandwiches; fresh fruit should be provided and a goodly number of the protectives should be included.

School Lunch-Box Menus

No. 1

Peanut Butter and Entire-Wheat Bread Sandwiches
Scrambled-Egg Sandwiches
Raisin Gingerbread
An Apple
Milk (hot-cold bottle)

No. 2

Creamed Chicken, Ham, or Veal and Entire-Wheat Bread Sandwiches
Jelly and White Bread Sandwiches
A Hard-cooked Egg
Sponge Cake
A Pear
Lemonade (hot-cold bottle)

The sandwich is undoubtedly the easiest way to combine a variety of foods for the school luncheon. For this reason, sandwiches of some sort are usually included; for a wide variety see the Sandwich Section in this book. Remember that the sandwich acts in the menu as a starch because of the bread; a fat because of the butter; a protective because of the butter; a mineral, when a whole-grain bread is used; the rest of it is made up by the filling, which may be of protein nature, as meat, cheese, nuts, or egg, or a sweet, as jelly, jam, fruit, butter, etc.

In selecting sandwiches, choose those that will balance the menu; *remember that as much filling, proportionately, should be provided as the child would eat of that particular food were it served to him at home upon a plate.* The bread should be cut thin as otherwise he will have too much starch.

Sometimes a custard baked in a jelly glass, a cornstarch pudding, bread pudding, fruit Betty, or gelatine—carried in a jelly glass—may be provided, or these foods may be put up in paper jelly cups, which may be discarded after the food is eaten.

LUNCH-BOX MEALS FOR THE WORKER

Many manufacturers have found it necessary to introduce a cafeteria or restaurant in order to make sure that their employees are properly nourished. One manufacturer learned that a large percentage of accidents occurred in his factory about ten o'clock in the morning. An investigation was made and in nearly every case the man suffering from the accident had left home either without breakfast or with an inadequate breakfast. A dietitian was called in; she advised the serving of tea and bread just before ten o'clock each day. The accidents decreased to practically none.

Close observation of the factory output showed that the energies of the men flagged about 3:30 every afternoon. Examination of their lunch boxes showed that their meals were often unbalanced, consisting of indigestible, badly prepared food, with an over-amount of starches and sweets. The firm introduced a cafeteria, each employee being required to purchase his lunch, which was sold at cost. The fatigue hour vanished, the output increasing correspondingly.

Another firm, dealing with a different type of business, had in its employ three hundred girls. In spite of the most ideal working conditions, these girls were frequently ill and substitutes were required—the labour turn-over (or change in help) being fifteen per cent. It was found that these girls did not eat nourishing, balanced luncheons. The introduction of a cafeteria, at which the most excellent foods were sold at cost, reduced the labour turn-over to three per cent.

These are two of many remarkable changes for good that have taken place when the balanced ration and proper cooking have been carried into industry. But why should the manufacturer be responsible for the proper feeding of his employees? Why should not each worker start out with an adequate, balanced breakfast and finish the day with a rightly cooked, balanced dinner at home? The noon meal, in many cases, can be provided by the factory or business cafeteria. This is an excellent move on the part of industry, but it *should not* be necessitated because of improper home feeding.

If the worker carries a luncheon, the rules of the balanced ration must be applied. The container should be amply large and easily cleaned, preferably being divided into compartments. As the lunch-box worker, especially a man, is usually doing physical labour and is correspondingly hungry, the food should be in sufficiently large pieces so that one can readily see what it is. The sandwich fillings should be thick and ample, the bread should be well buttered, and sliced medium thick. One fresh acid food should be supplied each day, as an orange, an apple, some lemonade, grapes, etc. A hot-cold bottle is a necessity; it can sometimes be used for soup, a small can of instant coffee being provided for the worker, who can then make his coffee in a cup. If this is not feasible, either coffee or tea can be carried in the hot-cold bottle, or it can be used for milk, lemonade, cocoa, or whatever fits into

the menu. A jelly glass may be used for baked beans, potato or egg salad, or other foods of like nature.

Suggestive menus are:

No. 1

Sliced Ham and Currant Jelly Sandwiches, made with Entire-Wheat Bread
Egg Salad Sandwiches made with White Bread
Apple Pie Cheese
Hot Coffee An Orange

No. 2

Cold Baked Beans
Boston Brown Bread and Butter Sandwiches
Spiced Beef Sandwiches with White Bread
A Raw Tomato with Salt and Pepper
Portsmouth Orange Cake
An Apple Hot Tea

No. 3

Split Pea Soup Crackers
Meat Loaf and Chili Sauce Sandwiches with White Bread
Pickles
Raisin Pie Coffee

EVOLVING SPECIAL DIETS FROM THE BALANCED RATION

The most common conditions calling for special diets are obesity (over-stoutness), anemia or under-weight, constipation, and auto-intoxication, which is subject to the same diet as that for constipation. The balanced ration, as given in this book, will keep any normal person in good condition, providing sufficient exercise is taken and the person has enough sleep and fresh air.

It must be remembered that the balanced ration includes the drinking of two quarts of water a day for the adult and smaller amounts for children according to age. When there is a tendency toward any of the four abnormal conditions just mentioned, the balanced ration must be modified so that the right food constituents will be provided to remedy the condition. After the desired result has been gained, the normal balanced ration may be resumed. It will be seen that the following suggestions are really only slight modifications of the normal balanced diet.

Obesity

Obesity is caused by the storing up in the body of an over-amount of reserve force in the form of fat. It may be traced to lack of elimination, lazy mental habits, lack of exercise, or the eating of too many starchy, sweet, or fatty foods. To overcome this condition several things should be done.

First of all, light callisthenics, with at least a two-mile walk a day, should be introduced; two quarts of water should be taken daily; the tablespoonful of bran (referred to in the diet for constipation) should be taken every night; a cold bath should be taken every morning—a sponge bath will do; and a close watch should be kept on the diet; it is inadvisable to take out all starches and all sweets, as this invariably results in enervation; however, the amount allowed should be extremely small and the amount of fat provided very limited. Generally speaking, the obesity diet allows the following foods:

All protein foods (not fried); all soups (not containing flour, potatoes, macaroni, or any other starchy ingredients, unless the soups are thickened with gluten flour); all green vegetables; all salad plants served with vinegar or with a boiled salad dressing thickened with gluten flour and containing no fat; all fresh fruits; all dried fruits, plain or cooked without sugar; gluten bread, gluten biscuits or reducing muffins, or one half slice of whole-wheat bread at each meal; one lump of sugar each day with tea or coffee.

It must be kept in mind, when eliminating to such an extent the starches, sweets, and fatty foods, that it will be necessary to serve larger portions of the foods that *can* be eaten in order to assuage hunger and at the same time give the body energy and nourishment in a form that can be used. The underlying principle in the diet for obesity is to provide foods which will not be stored up in the form of fat; to eliminate waste as far as possible, and cause the body to use up for energy and reserve force its own excess fat.

It is of little use to diet one day and overeat the next; the process must be continuous. Coupled with the other features mentioned, reduction should begin to take place at the end of about two weeks and should continue at the rate of

two pounds a week until normal weight has been attained; then a balanced diet, plus the exercise, should be kept up with a slight decrease of starch and sugar in order to keep the weight even.

Suggestive Reducing Menus

Breakfast: All the fresh fruit desired except bananas; a choice of broiled fish, broiled meat, or boiled, poached, shirred, or scrambled eggs—as much as desired; one slice of gluten-bread toast or one gluten biscuit or gluten muffin, one half of a butter ball; coffee with milk, no sugar.

Luncheon or Supper: Any clear soup containing vegetables, or tomato soup, or a vegetable milk soup thickened with gluten flour; a choice of broiled fish or meat, roast meat, boiled fish or meat; boiled, poached, shirred, or hard-cooked eggs—as much as desired; any green vegetables; lettuce, tomato, cucumber, or asparagus salad served with vinaigrette sauce; one slice of gluten bread, one half of a butter ball; fresh fruit; black coffee (no sugar) or tea, no cream or sugar.

Dinner: A choice of half of a grapefruit, cantaloupe, or honeydew melon, raw oysters or clams, oyster or shrimp cocktail; tomato soup or any clear soup that does not contain macaroni or spaghetti; broiled, boiled, or roasted meat or fish served without a sauce or gravy containing fat—use lemon juice for fish, catchup and Chili sauce, or a sour relish for meats; one or two raw, boiled, or steamed vegetables, as spinach, chard, celery, onions, tomatoes, cucumbers, asparagus, summer squash, stewed eggplant, cabbage; a slice of gluten bread, one half of a butter ball; a fruit salad with lemon juice and a trace of salad oil, or lettuce, romaine, cress, tomato, cucumber, or any other desired vegetable salad to which a chopped hard-cooked egg may be added; fresh fruit or stewed dried figs or prunes cooked with no sugar, or plain dried figs; black coffee, no sugar.

Before retiring: The juice of one or two oranges, or some fresh fruit.

Anemia or Under-weight

As anemia is a waste disease which is brought about by an impoverished condition of the blood, the diet must be one that builds up. In order to restore a wasted body it is necessary to do more than to provide building food. It must be food that also is easily digested, for the entire digestive system is weakened during this condition and unless it is of a type that may be easily assimilated, various disturbances occur which more than offset the value of the food itself.

The recent discoveries regarding vitamines lead us to believe that they are not only indispensable in health but are even more indispensable in building up the body, for they are the vital, living links between man and nature. Many cases of anemia may be traced to lack of vitamines in the diet; therefore, in working out a diet for the overcoming of anemia, a preponderance of vitamine foods must be included. In cases where the patient is very ill it is necessary to prepare food every two hours, usually in liquid form; however, when there are merely anemic on rundown tendencies the usual balanced three meals a day, worked out to include the right foods mentioned below, plus a glassful of warm milk or orange juice in the mid morning and mid afternoon and just before retiring, will prove sufficient. If possible, a quart of milk a day should be taken—this may be partly included in the food.

The following foods are suitable: Entire-wheat bread; entire-wheat crackers; whole rye bread; whole-wheat and whole-corn cereals; Irish oatmeal; milk; cream cheese; eggs; easily digested, tender meats—including liver, beef, lamb, and chicken; all green vegetables; brown rice; baked potatoes; onions; nut meats, thoroughly masticated; raisins; dates; all puddings made with a preponderance of milk or eggs, as custards, tapioca creams, blanc manges, etc.; grapes; grapefruit; oranges; raw and baked apples; peaches; fresh berries; stewed prunes; stewed figs; cocoa; cream; butter.

Any dish containing a goodly proportion of any of the above ingredients may be included in the diet, as cream of spinach soup, escalloped chicken with brown rice, etc. The cooking should be of the simplest, the principles in the Technique of Cookery being closely observed.

Constipation and Auto-intoxication

The principle involved in overcoming these difficulties is that of introducing additional bulk and vitamines in the balanced everyday menu. Constipation often results because of an over-starchy or too sweet diet; again, it is due to the introduction of too many processed foods, such as white-flour muffins and breads made of flour from which the scouring husks and hulls have been removed; it may also be traced to lack of vitamines and lack of water or exercise. Two quarts of water a day should be taken—this alone is sometimes sufficient to overcome the trouble.

Only entire-wheat bread, made of real whole wheat containing the husks, should be eaten. A shredded wheat biscuit, two bran muffins, or two triscuits should be eaten every morning and evening, along with stewed prunes or stewed figs. The juice of two oranges if they are small, one, if large, should be taken immediately upon arising. Only whole-grain cereals should be eaten, such as Irish oatmeal or brown rice. Plenty of bulky vegetables (as least three a day) should be included in the menu, such as spinach, chard, beet greens, celery, onions, etc. As far as possible, the desserts should consist of fruit or should contain such fruits as raisins, dates, apples, and so on. Every evening an apple should be eaten or the patient should take a tablespoonful of bran which has been allowed to stand in a glassful of tepid water for a few hours. In every possible way bulk should be introduced as, for instance, the eating of baked potatoes, skin and all; the eating of celery tips, of dried layer figs, and so on.

In treating little children troubled with constipation, introduce as much orange juice as possible, serving it at least twice a day. Stewed figs chopped very fine; stewed prunes rubbed through a coarse sieve; apple cut in thin slices or scraped; and plenty of whole-wheat or graham crackers, or whole-wheat bread at least twenty-four hours' old should be freely introduced.

Pregnancy

Two principles underlie the diet during pregnancy; first, that of sufficient elimination; second, the supplying of sufficient vitamines to revitalize the body of the mother and

strengthen that of the child. First of all, the meals should be balanced. Great care should be taken that the diet is not over-profuse in sweets and starches for it is most disadvantageous for the mother to take on an over amount of flesh. Only whole-wheat bread or breads containing bran should be eaten, to help along elimination. In this respect, read the section on the diet for constipation as these principles should be applied to the diet of the expectant mother.

If there is a tendency toward lassitude, try introducing a cupful of warm milk in the morning, the juice of one or two oranges in the afternoon, and a cupful of malted milk just before going to bed. Take great care to cook the foods so that all of the elements are conserved, for there is no time at which the woman is more sensitive to food than during this period. Be sure that plenty of mineral foods are introduced, as otherwise the teeth, not only of the mother, but, later on, those of the child, will suffer.

Maternity

The diet in normal maternity cases is that for restoration of strength. For the first four or five days, when there is liable to be a temperature, it should be a liquid diet (see section on Feeding the Sick). For the next five days, while the patient is still in bed, it should be a light diet; and it can then be made a convalescent or regularly planned diet according to the condition of the patient. During this latter period, bran should be introduced if there is any tendency toward constipation.

Generally speaking, a normal balanced diet will provide a sufficient flow of milk for the child in case the patient drinks enough water. If there is a lack of milk, try the introduction of at least a pint of cocoa a day, the drinking of a quart of milk, or the use of a pint of cornmeal gruel made with milk. The use of vitamine foods will also help this condition.

The Theory of Raw Food

The raw-food diet, which is being so much talked of, was formulated more than twenty years ago, because it was found that certain raw foods, particularly vegetables, fruits, and milk, produced a marked beneficial effect. The reason for this was made plain later on with the discovery of vitamines.

While raw foods bring to the diet in untouched form these remarkable life-giving properties, many of them also introduce food elements which the body cannot use unless they are cooked. In other words, many raw-food diets introduce so many foods which cannot be assimilated by the body that they defeat their own purpose.

The balanced ration as given in this book includes the use of many raw foods and a certain number of cooked foods. We have found that it is impossible to live by vitamines alone, that there must be introduced into each meal the right quantity of protein, carbohydrate, fat, sugar, liquid, minerals, and bulk. By all means, introduce raw foods, use plenty of fresh fruit, raw vegetables when they can be easily digested, as shredded raw cabbage, grated raw carrots, tomatoes, and all of the green salads. Plenty of milk and butter should be provided and if one cares to eat raw eggs, so much the better. In certain cases where it is necessary to provide quick strength or build up one who has been sick, scraped raw meat will help. But further than this, generally speaking, it seems inadvisable to go—the raw foods, plus a certain number of cooked foods, each filling a place in the making of a perfect, balanced diet.

Eating for Beauty

The cells of the body are constantly being renewed, the dead cells either accumulating as waste in the body or being normally thrown off. The two underlying principles in eating for beauty are: to carry off this and all other body waste through the normal channels—the pores of the skin, the kidneys, and the intestines—and to furnish the body the right food to make new cells and support life.

For centuries it has been known that certain foods produced beauty—that is, superb good health. Strangely, the Greeks thought it was lettuce, and they were right in a measure—for lettuce with its vitamines is a renewal food. Two generations ago, the Beauty ate carrots raw and in the form of jam containing lemon juice. Again a step in the right direction, for carrots and lemon juice both are renewal or vitamine foods. More recently an apple a day has been prescribed—with a reason—for the apple is also a renewal food and, at the same time, adds bulk to assist in elimination.

To attain the beauty of radiant, vital good health, six points must be kept in mind. There must be plenty of sun, air, water, sleep, and exercise; these with the right food, to provide constant renewal and proper elimination, will bring forth a glowing skin, glossy hair, bright eyes, and well-rounded contours. It is, unfortunately, rare to find any one in ideal health. When one considers that a large amount of illness is due to wrong eating and that the greater part of minor ills—headaches, dizziness, blotched skin, biliousness, and so on—are also due to wrong eating, it will be seen this statement is not an exaggeration.

What usually stands in the light of beautiful, good health? Tired, dull eyes—often due to lack of exercise and a sluggish liver; falling, dry hair of dull appearance—often due to an unbalanced diet; over-weight—due to wrong eating, lack of elimination, lack of air and exercise; under-weight—frequently due to wrong eating, either the taking of too much food of the wrong kind or lack of appetite, lack of elimination, air, sun, and water; lassitude—due to auto-intoxication and a sluggish liver and traceable to too many starches and sweets, or too much protein, lack of sleep, exercise, and air.

Many of these conditions will yield to a persistent application of the balanced ration, as described in the balanced ration table, providing two quarts of water are taken each day, that a reasonable amount of exercise is carried on in the open air, and at least eight hours of sleep is allowed each night. There are, however, certain times when it will be first necessary to provide an adaptation of the balanced ration, as in over-weight or under-weight. To overcome these difficulties, see the special diets in this chapter. Lassitude can usually be overcome by the diet for constipation or auto-intoxication. Dull eyes and a muddy, blotched skin often go hand in hand with this condition and yield to the same treatment.

In working out any diet for beauty by the balanced ration table, avoid any excess fat. Do not eat more than one sweet at a meal (if using sugar in coffee or tea, this is all that should be taken), put in as many vitamine foods as possible, and introduce plenty of bulk. Use only whole-grain breads and prepare every food so that the food constituents are saved (see section on The Technique of Cooking).

Assuming that the body is in fairly normal condition and

that it is not necessary to introduce anything special, the following menus for a day will give suggestions for a beauty diet that will keep the weight even. It has been especially planned to stimulate the liver and organs of elimination, to flush the tissues, and to energize and revitalize the cells.

Beauty Diet

On arising: Juice of half a lemon in a glass of hot water, followed at once by a glass of cold water.

Breakfast: Choice of oranges, grapefruit, apples; eggs, any way except fried, or a broiled chop or bit of fish; bran or whole-wheat bread, toasted; clear coffee or tea; glass of water.

10 A. M.: Glass of water.

Luncheon: A cup of bouillon, any kind; a green or vegetable salad with cream cheese, a chopped hard-cooked egg, bits of chicken or fish with French dressing; entire-wheat bread and butter; fruit, plain or cooked; tea; glass of water.

3 P. M.: Glass of water.

Dinner: Choice of fish or fruit cocktail or clear soup; broiled, boiled, baked, stewed, or braised meat or fish; choice of potatoes, noodles, spaghetti, or bread and butter; choice of stewed tomatoes, spinach, chard, onions, carrots, parsnips, asparagus, celery, beets, string beans, peas, corn; any green salad, tomato, cucumber, or asparagus salad with French dressing; any simple dessert, as custard, bread pudding, gingerbread, plain cake, fruit whip, simple gelatines, hot soufflés; clear coffee; glass of water.

On retiring: An apple or the juice of two oranges and a glass of water.

The Calorie Theory

The most wonderful thing about all sciences is constant progress. This applies quite as much to the science of foods and feeding as it does to engineering or electricity. A few years ago the science of foods and feeding was measured by the calorie, which was a term of measurement coined to show the value of food in the work of the body. Just as the heat, energy, or work of gas is measured in terms of feet, the amount of heat, energy, or work that food could accomplish was measured in calories.

The discovery and use of the calorie was a step in the right

direction, for it proved conclusively that different kinds of energy or heat, or the different food factors, properly balanced, were needed to produce a balanced ration. The average person requires from two to three thousand calories a day, but those calories must be properly divided among the proteins, carbohydrates (starches and sugars), and the fats. This fact was not always clearly understood, and many, thinking they should eat foods containing a certain number of calories (any kind) a day, ate too much of one thing. Moreover, the foods which were highly processed (or robbed), from which the hulls with their minerals, vitamines, and the hearts had been taken, registered more calories than the unprocessed or vital foods, so those living on a strict calorie diet did not get enough bulk or mineral, nor a sufficient amount of vitamines.

During the last few years science has taken a decided step ahead and the peculiar effects of certain foods upon the body that have been noted for centuries but not understood have at last been made at least partially clear. Why was it that lettuce or sorrel, with practically no caloric value, was an undoubted tonic food? Why was it that milk, containing a large percentage of water and low in calories, could accomplish infinitely more than farina which had a very high caloric value? Questions such as these were constantly uppermost in the minds of scientists, physicians, dietitians, and nurses. After exhaustive experiments on small animals, then on human beings, the fact was established that the carrying on of life was more than a matter of providing the right number of calories of each type of food—in addition there must be minerals or salts to help support life, and protectives or vitamines, sometimes called defensive foods, to revitalize the body and control growth and development. When they were present in the right quantities, life was free and abundant; when they were lacking, calories to the contrary, life ebbed and sometimes ceased.

Just as we purchase a pattern for the making of a dress and vary the garment with trimmings not suggested in the pattern, so we must use the calorie theory with discretion, adding to it the lacking elements. It is merely a pattern and an unnecessary one if we but learn to use intelligently the balanced ration table.

CHAPTER III

PURCHASING FOOD SUPPLIES

THE great national family of more than one hundred and four million people is housed in some twenty million homes. At the head of each of these homes is a woman—twenty million home captains—and in their hands lies the purchasing of eighty-seven per cent. of all the commodities used in the home.

The Food Budget

Food is probably the most important item on the list—at the same time, the most elastic. The smaller the income, the larger the proportion expended, for it takes just so much under any circumstances, not only to support life, but to maintain the surplus health that makes possible effectual work. There may be times when it is wiser to invest in more and better food, as in cases of illness, but as a general rule, too much is spent on the table.

It is a significant fact that often, as the income increases, the doctor's and dentist's bills become larger—that cases of anemia are just as possible in the family where the table groans with "good things," as when the home-maker provides food at a small sum a week. The ever-growing practice of eating in restaurants may be largely responsible for this condition as well as the increase in the cost of living. One woman said that she could not set her table on less than twenty dollars a week, so it was "cheaper to eat out." When necessity demanded, she found that she could furnish better meals at home for fifteen dollars a week! At the same time she did the cooking and grew from semi-invalidism to robust health. *Riches alone cannot furnish nourishing food—neither does the small income prohibit it; in either case it can be obtained only by a knowledge of food values.*

No matter what the income there is always the right food for the right place. Every expensive food has its counterpart in an inexpensive food of a quality equally good, on its own level. It is a knowledge of these two types of food—the most expensive and its nutritious counterpart—that is the basis of economical buying.

Buying for Food Values

Many of the less expensive foods are highest in nutrition and certain food elements. Cabbage, up to the last year or two, was considered a homely vegetable, served only upon certain occasions. For company, Brussels sprouts or cauliflower was selected. Yet recent vitamine discoveries revealed the fact that cabbage is rich in these wonderful life-giving properties—that which was despised was really worth while. The same is true of many cereals; the high milling processes to which they are subjected raises the cost and decreases the nutrition. One can, for instance, buy farina at about fifteen cents a pound package, while cracked wheat—bought in bulk—costs about eight cents. A comparative food value could scarcely be made—the brief would be so much in favour of cracked wheat.

Purchasing Ahead

One of the problems regarding the purchasing of food is whether to buy in large quantities or from day to day. Neither is ideal—the right method is to buy from week to week so the food allowance will not be exceeded, as is often the case when foods are purchased in large quantities, or in such small quantities that the cost is prohibitive.

The buying of foods must be controlled; there is only one way to do this. Plan in a tentative way, at least, the menus for a week in advance, leaving luncheon or supper unplanned so there will be sufficient latitude to use left-overs (see chapter on Utilizing Left-Overs). It takes a short time to make out a schedule of meals, and when done, it is easy to approximate the number of eggs, the amount of butter fats, the cereals, dry groceries, dried fruits, canned goods, as well as fresh vegetables, fruits, and meats needed for the week.

Personal Marketing

What is the next step? Go personally to market, preferably on Friday when the shops are not busy. Purchase all the staples for the week, plus the fresh fruits, vegetables, meat, or fish for the week-end. A few moments in the shops Tuesday should suffice to buy the remaining foods for the week, for an order can be placed with the butcher for delivery on certain days.

By making personal visits instead of purchasing by telephone, two things are accomplished—the food repertoire is kept up-to-season as well as up-to-date, for many new foods appear constantly and unless one goes where they are sold, as one goes to dry goods stores to see fabrics, one does not know they exist and the home-maker sees—personally—the grocer, the fruit and vegetable man, and the butcher. This brings about a friendly relation and usually prevents overcharging, for when a food merchant realizes that the head of the household thinks enough about food to buy it in person, he knows that he cannot overcharge and that nothing will be accepted but what is fresh and of the best quality.

Sentiment and false social standards have no place in the purchasing of foods. It is as necessary to shop around in buying these commodities, as anything else. A little lace for the child's frock or a yard of ribbon for a hat occasions considerable shopping and looking about for comparative values, but when the home-maker purchases the food she often buys at the nearest store, without comparing qualities. In many cases it is better to buy from a cash-and-carry store, carrying a market basket, for often the foods are fresher because of the large sales, and are about ten per cent. less expensive because no charge accounts are carried and no deliveries made.

Bulk or Package Goods

Whether it is better to buy foods in bulk or in packages is a question best answered by a true consideration of the pocket-book and a little diagnostic thought of the foods themselves and how they are to be used. Bulk goods are less expensive than those in packages—at the same time, they are

less clean and often kept under unsanitary conditions. If they are foods which can be cooked it is safe to buy them, otherwise they should not be selected.

The purchase of package goods is a safeguard in another way—by law, the net contents must be noted on the label and if any preservatives, artificial colouring, or any foreign matter is contained in the food—that fact must be specifically stated. The home-maker who reads the label has protection in purchasing the purest foods according to the law's standards.

Pure Foods

What is meant by "pure foods"? Those put up in the best way, in which the natural, healthful elements are kept as far as possible and contain no chemical preservatives and no artificial colourings. These are not needed if the food products are pure, fresh, and wholesome, canned or otherwise prepared by right methods.

In spite of the pure food agitation in 1907 and of the laws passed at that time, there are still certain foods which do not attain the ideal as regards purity. Anything that is deleterious to a food, that is unnecessarily added, which causes bleaching, or by which a food is treated to make it seem a better quality—is really an impurity; anything which has been packed, manufactured, or sold under unsanitary conditions is impure. Notwithstanding this pure food ideal, the use of benzoate of soda and certain other chemical preservatives, the use of sulphurous acid, sulphur dioxide, sodium sulphite, alum and aluminium compounds, seven or eight certified coal-tar dyes, caffeine added to certain drinks, artificial citral, vanillin, and coumarin in flavouring extracts, as well as certain synthetic ethers in artificial juices is legal. Anything which bears on its label a mention of any one of these particular additions to the contents of the can, package, or bottle is not pure. From the standpoint of common sense alone it is a mistake, sometimes grave, to introduce into the body any chemical food element not needed.

Quantities to Buy

The quantity of food to be purchased depends upon the food itself and the available storage space. Those who live

in cities with separate sufficient cellar and pantry space are compelled to buy in small quantities, but in the country one can lay in an abundant stock of non-perishable and even of semi-perishable foods, leaving only those which quickly spoil for more frequent purchase.

Non-perishable foods include flour, meals, cereals, sugar, honey, salt, cocoa, tea, coffee, jams, jellies, flavourings, canned fruits, canned meats, canned vegetables, evaporated, dried, and condensed milk, dry yeast, etc., also crackers, soda biscuits, and foods in packages or tin boxes.

Semi-perishable foods include butter, margarine, eggs, salted and smoked fish or meats, tough-skinned fruits like bananas, lemons, oranges, and grapefruit, open molasses, etc. These should be kept in a cool, dry place.

Perishable foods include fresh milk and cream, uncooked meat and fish, shellfish, berries, and delicate fruits, compressed yeast, salad plants and vegetables that wilt easily. These should be bought as needed and kept in a cold place.

The Storage of Foods

Food must be properly stored: flour, in the kitchen cabinet; in a closed barrel, if bought in quantity, or in a tightly closed canister; meal, adequately covered and kept in a dry place—not bought in large quantities during the summer months; cereals, kept dry and closely covered—as should all kinds of sugar; tea and coffee, stored in tightly covered containers to exclude light; flavourings, well corked; all canned goods, kept in a dry place; all crackers, dry and tightly covered.

All of the semi-perishable foods, including butter, margarine, and all fats should be stored in tightly closed crocks or jars; salted or smoked fish and meat should be kept in a cool, dry place—not the refrigerator; vegetables should have their own screened, well-aired closet.

Certain foods may be stored in the cellar providing it is dry. Screen off a portion of the cellar with heavy wire netting, the ends in cement. Swinging shelves can be arranged in this space for canned fruits, preserves, etc., and low racks provided for the storage of vegetables. Provide all receptacles with tight covers so foods may be kept dry and clean.

Such a storage pantry is not intended for everyday "loot-

ing" by indiscriminate and unauthorized persons. It should be kept locked and the key in the hands of the home-maker, weekly supplies being put in the kitchen store closet as needed.

The Storage of Canned Goods

This includes meats, fish, fruit, vegetables, milk, soups, etc. All of these may be bought in quantity. One can often purchase mixed cases; instead of buying a whole case of corn, peas, or beans, a half or third case of each, packed together, will be found more satisfactory.

Selecting Dry Groceries

Buy advertised brands, read the labels, and when purchasing in bulk check up the weights.

Canned Foods

Do not buy any can that bulges, as this denotes spoilage. All canned goods should be packed according to a series of standard sizes which contain corresponding weights, although the latter vary somewhat. The description is as follows:

Size Number $\frac{1}{4}$—used for various sandwich pastes, sardines, anchovies, etc., contains approximately one-fourth pound of food.

Size Number $\frac{1}{2}$—used for condensed milk, small amounts of salmon, chicken, etc., contains about one-half pound of food.

Size Number 1—short, is used for various meats, condensed milk, canned soups, etc., and contains ten ounces.

Size Number 1—tall, known sometimes as $1\frac{1}{2}$, is used for green peas, sliced peaches, salmon, etc., and contains sixteen ounces; it is a standard pound or pint can.

Size Number 2—this is a little larger than Number 1 and is used for canned fruits, string beans, grated pineapple, etc. —contains one and one-fourth pounds.

Size Number $2\frac{1}{2}$, used for baked beans, asparagus, tomatoes, large fruits, and vegetables, etc.; contains approximately one pound, fourteen ounces of food.

Size Number 3 is used for the same purpose as Size Number $2\frac{1}{2}$ and contains a little over two pounds of food.

The weight is always printed somewhere on the label.

Every home-maker should learn to ask for cans by size, in order to obtain the exact amount she needs.

Selecting Fats and Oils

Butter

Use only butter of the best quality. Vegetable fat or oil may be used in cooking.

Margarine

There are two forms of margarine—animal and vegetable.

Animal Margarine

This consists of highly purified oleo oil, obtained from the fat of prime beef, combined with a neutral fat from pork of the best quality. Sometimes a little vegetable oil, as peanut oil, is included. To these are often added cream from inspected dairy herds. All these fats are churned in whole milk, then worked with salt like butter. The grade of quality depends upon the amount of cream in the product.

Vegetable Margarine

This consists of one or more vegetable fats, such as cocoanut fat and the like, which have been especially prepared. These, as in other margarines, are churned in milk and worked with salt. The best grades contain no preservatives. Neither type of margarine is coloured; the housewife herself may colour it, if she wishes, with the capsule of vegetable colouring which usually is given with the package.

Cooking Oils

The various cooking oils should be considered under the head of butter substitutes, as they are used instead of butter in cookery. These oils are extracted variously from peanuts, corn, cotton-seed, cocoanuts, and so on; and while they are a comparatively recent discovery, the vegetable oil itself has been used in cooking from time immemorial in the form of olive oil.

Probably the best-known use of the vegetable oil is in the making of salad dressings and salads. These oils lend themselves particularly well to this branch of cookery, either

singly or in combination with one third their quantity of rather highly flavoured olive oil.

Solidified Vegetable Products

Solidified vegetable fats are vegetable oils in solidified form. Sometimes they are used singly and sometimes in combination. When used in place of butter in cooking they may be termed a butter substitute, and should be manipulated like butter. Extra salt must always be added. They are not as a rule adapted to the seasoning of vegetables. In using them as a frying medium the same directions must be observed as with the liquid oils.

Selecting Meats

For detailed instructions see section on Meats and Meat Dishes.

Selecting Fish

For detailed instructions see section on Sea Food.

Selecting Vegetables and Fruits

In a book of this size it is impossible to give detailed directions for the selection of each vegetable. In general, choose root vegetables that are of smooth skin and even shape—medium-sized ones cooking more quickly than those that are larger. Select green vegetables that are fresh and crisp looking. Do not buy vegetables of second grade as they contain so much waste that they will prove an expensive purchase.

Selecting Fruits

There is no department of buying in which common sense can play such an important part as in the purchasing of fresh fruits. All firm fruits, such as oranges, grapefruit, and lemons, should be heavy in proportion to size. Pineapples should be heavy, and when ripe the pointed leaves at the top which constitute the "crown" may be easily pulled out. Apples should be firm and free from specks or bruises, and bananas, unless they are to be kept for some time, should be yellow, not green.

In buying berries of any kind always insist that the dealer

turn out the contents of the basket. Pears should be firm and heavy, not shrivelled, peaches should be firm and free from brown blotches. Grapes should be on the stem, not falling off in the basket.

Judge with your eyes—do not handle fruits and vegetables while buying.

THE EMERGENCY SHELF

One often hears "the emergency shelf" referred to. It really means a well-stocked pantry, but it must be worked out in practice so that the time-saving in the preparation of the meal which it implies may actually be gained.

Prepared or Ready-to-Eat Foods

Unless one has listed the many kinds of foods which may be obtained in canned and package form ready for immediate use, with or without further cooking, one does not realize how far the great food manufacturers have gone to supply the American home with foods which may be prepared with minimum effort. Indeed, the factories of these manufacturers, with their wonderful kitchens and spotless equipment, may well be called the Community Kitchens of America. It remains for women to be instructed along this line, so that they may take advantage of this great service, and purchase foods in such quantities that the emergency shelf will become a part of their households.

The following table lists the foods which may be served at breakfast, luncheon, or supper and dinner. The lists can be extended to cover party refreshments, chafing-dish suppers, afternoon tea, after-theatre suppers, and every kind of occasion that may rise in the household.

Fruits

Canned Prunes
Figs (layer and in jars)
Canned Peaches
Canned Apricots
Canned Plums
Canned Pineapple
Dates, etc.

Cereals

All Prepared or Ready-to-Eat Cereals
All Uncooked Cereals

Sweets

Jams
Marmalades
Maple Syrup
Corn Syrup
Honey
Jellies
Sugar—Cut, Granulated, Brown, Powdered, Confectioner's

Savouries

Bacon in jars or boxes
Chipped Beef
Codfish
Smoked Herring
Canned Smoked and Fresh Fish
Canned Corned Beef
Canned Corned Beef Hash
Canned Ox Tongue
Canned Meat Loaf
Canned Welsh Rarebit
Fish Pastes—Anchovy, Sardellan, Shrimp
Baked Beans

Relishes

Green Olives
Ripe Olives
Pickles—Sweet and Sour
Chow-Chow
Catchup
Prepared Mustard
Chili Sauce
Worcestershire Sauce
Mushroom Sauce
Salted Nuts
Candied Ginger
Canned Nut Meats

Soups

Canned Cream Soups
Canned Chowders
Canned Bouillons—Meat and Clam
Canned Thick Soups
Canned Clear Soups
Bouillon Cubes

Salad Accompaniments

Mayonnaise
Russian Dressing
French Dressing
Salad Oil
Vinegar

Vegetables

All Canned Vegetables

Beverages

Coffee
Soluble Coffee
Coffee Substitute
Plain Cocoa
Prepared Cocoa
Malted Milk
Tea
Evaporated Milk
Evaporated Cream
Condensed Milk
Milk Powder
Fruit Juices

Breads

Crackers—Sweet and Plain
Cookies
Commercially made cakes

Miscellaneous

Prepared Biscuit Flour
Entire-Wheat Flour
Prepared Pastry Flour, etc.
Salt
Celery Salt
Pepper
Paprika
Mincemeat
Granulated Gelatine
Gelatine Powders (sweetened)
Cornstarch
Prepared Pie Fillings
Spices—Whole and Ground
Flavouring Extracts

Baking Powder

It is not necessary to purchase all the supplies given in this list. With even a few, one will be prepared to supply a soup course, or a good dessert, or a quick bread at almost a moment's notice.

CHAPTER IV

THE TECHNIQUE OF COOKING

THE ideal in the proper cooking of food is to make it digestible, delicious, and to retain all the nutritive value. This can be attained only through a knowledge of the methods of cooking, the right way to cook each food constituent or factor, and a knowledge of their composition and ultimate mission in the body.

Heat may be applied to foods in two ways—through moisture, that is, by hot water or steam, or by dry heat. Under the first heading we have the following processes:

Boiling, stewing, braising, fricasseeing, casserole-ing, simmering, cooking in a steamer and in a double boiler.

Under dry heat we have the following processes:

Baking, roasting, and broiling; frying should also be included for it is, in reality, the application of heat without the use of boiling water or steam.

Whenever foods are cooked in water, part of the minerals, the soluble proteins, starch, or sugar pass into the cooking medium and, unless this is saved, are wasted. When steamed, none of this waste takes place. In many cases steaming may replace boiling, as in vegetables (see section on Vegetables and Their Cookery); many meats, fish, and other foods may be steamed. When meats or fish are cooked in water, part of the food value also passes into the water. This is not a detriment if the liquid acts as a sauce or if it is to be served as soup.

In baking, roasting, broiling, and frying the heat is so intense that the outer surfaces of the meats are immediately seared so that the juices will be retained and no food value lost.

If we select the right cooking process for each food, how then can the value be impaired? By the application of the wrong temperature. The cookery in the Dutch oven of old-

fashioned days was delicious because of its slowness; the open-fire cookery of to-day—the perfection of potatoes or fish in clay—roasted in the ashes—is also due to slow cookery. Fireless cooking has a flavour all its own because of low temperatures. This flavour means that more of the food constituents are retained in their natural state. The tenderness of meats cooked slowly is due to another reason.

All foods must contain vitality to produce a vitalizing effect, the degree depending upon the proportion in which the vitamines are retained. High temperatures and over-long cooking destroy them. To produce foods that will give the largest proportion of nourishment cook them at the lowest possible temperature needed to produce digestibility and right flavour.

The Food Factors and the General Principles Underlying Their Cookery

Proteins: These include meat, fish, eggs, nuts, milk, and the legumes, as detailed in the balanced ration table. Although they are all different in appearance they are largely of albuminous composition and need slow cooking. High temperatures will harden proteins, making them indigestible, therefore waste, for indigestion means unassimilated food. With the exception of the roasting of meat, or fish which must be started at a high temperature—400 to 425 degrees F.—to seal in the juices, all protein foods are best cooked at 212 degrees F. or under. The temperature of the oven in roasting meat may register from 350 to 400 degrees F., but the temperature of the cooking meat itself is below this—a simmering casserole can be no hotter than simmering point. Boiling or steaming meat is a little under the actual temperature of the cooking medium. The temperatures in this book have been worked out with these thoughts in mind.

Starches: These include all cereals, all puddings made with cereals, all breads, crackers, etc., as detailed in the balanced ration table. Starches are rarely served raw as in this state they cannot be absorbed. They must be thoroughly cooked, so that the starch may be converted into a sweet substance, similar to sugar. Half-cooked starches, as soggy bread and semi-raw cereals, invariably cause indigestion—that is, "undigestion." The cookery of cereals

has been discussed at length in the section on Cereals and Their Cookery. The temperatures and modes of cookng quick and yeast breads and all starchy puddings have been given in the respective recipes. When cooked, the starch grains will have burst open and come in contact a sufficient time with the liquid to be cooked through. In case little or no liquid is added, the starch is rendered digestible because of the application of heat.

Fats: These include butter, lard, cooking oils, olive and salad oils, etc. If over-cooked, fats break up into new factors irritating to the digestive organs. Butter breaks up—or burns quicker—than any other fat; that is why it is rarely used for frying; margarine is next desirable; lard third, and the vegetable oils next. Any food fried in *smoking fat* takes into the digestive channel undesirable elements—see section on Fried Foods.

Minerals: These remain unchanged in the cookery, temperatures not affecting them. They transfer readily to any cooking liquid and the liquids in which the foods are cooked must be served with them, lest they be lost. Many minerals lie under the skin of fruits and vegetables and in the cores of fruits; that is why steaming should be used, if possible, and why apple sauce should be cooked with the skins and cores, then sifted, etc.

Protectives or Vitamines: These have been discussed throughout this book. They retain their vitality, as far as known, only in comparatively low temperatures.

Cooking Thermometers

Four thermometers are needed for accurate home cooking:

The oven thermometer
The candy thermometer
The frying thermometer
The sugar thermometer (for measuring densities)

These are accurately marked into degrees or divisions, easily read, so that the temperatures given in this book may be followed. Their use means accurate cooking of all types, no guesswork, and is an amazing check against too high temperatures.

The thermometers should be removed from the heat as soon as used, cooled and cleaned. The candy thermometer should be washed in hot, soapy water and rinsed in hot water; if this is not done, crystals adhering to it might spoil the next candy. The frying thermometer should be washed in hot, soapy water, then rinsed in hot water and dried.

The sugar thermometer corresponds to the more familiar ones used in the commercial making of maple and other syrups and measures specific density rather than temperatures.

Terms for Oven Temperatures Used in This Book

Very slow oven: 250 to 325 degrees F.
Slow oven: 325 to 350 degrees F.
Moderate oven: 350 degrees F.
Moderately hot oven: 350 to 375 degrees F.
Hot or quick oven: 375 degrees F.
Very hot oven: 375 to 425 degrees F.

CHAPTER V

MANAGING THE RANGE OR COOKING MEDIUM

ALTHOUGH many forms of fuel are used for cooking—and the word "fuel" really means fire food—the various kinds of ranges and stoves in which fuels are used have certain points in common, the chief being that all need intelligent handling and proper care as regards cleanliness.

If the range or stove is odorous it means that proper care is not being given to keeping it immaculately clean, or it may be there is some piece of mechanism out of order. The first trouble may be removed by the housekeeper, the second will probably require the services of an expert familiar with the kind of range used. If, for instance, one detects an odour of gas when no burners are turned on, or an odour or drop of oil where the stove is absolutely clean, call in a mechanic at once and have matters remedied promptly.

The cooking fuels in general use are: electricity, gas, coal, wood, oil, and confined heat.

The Electric Range

Cooking "the electric way" is the acme of efficiency and cleanliness—no smoke, dirt, matches, or waste—yet everything can be cooked in the electric range accurately, perfectly, and exactly, for the electric range is as nearly human as possible for a piece of equipment to be.

The cost of maintenance of an electric range is perhaps a little high, yet with care the fuel cost can be materially reduced, for the oven usually has two or three control switches so that one can turn on the heat and have it most intense where most needed—as, for instance, in baking a crust for a pie which is to be filled later, heat the lower part of the oven only, or when finishing the cooking of an omelet or baking a meringue turn on the heat only in the upper part of the oven where it will be thrown down.

The Electric Hot Plate

With the exception of some of the flat toasters and the table grill the wires carrying the electricity are embedded in the hot plate or stove surface, and in using the hot plate care must be taken that the surface of the saucepan or frying pan comes in full contact with the hot plate so that no heat is wasted.

Many electrical appliances—the percolator, etc.—have the wires embedded in their own base so that it is impossible to waste the electricity.

The Gas Range

There are many varieties from which to select, the most modern having a solid top similar to a coal range, the advantage being that the heat from one burner spreads over a large surface permitting the contents of more than one saucepan or kettle to go on cooking with a minimum expenditure of fuel. It is possible to remove the lids from the burners when intense direct heat is required, but this is rarely necessary.

Oven broilers are differently placed in different gas ranges; one rarely sees now the old-time broiler placed in the lower part of the range so that one had to get down on hands and knees in order to watch the steak or toast. Generally the broiling burners are placed either in the upper part of the oven or there is an entirely separate broiler.

The air spaces in front of the burners of a gas range may occasionally need adjustment and regulation. These control the inflow of air which is burned with the gas, for gas alone gives a yellow smoky flame, but by a proper admixture of air the flame is blue and without smoke.

The burners of a gas range should always be removable to allow of their being boiled out occasionally and any accumulation of dust or grease thus eliminated.

The one complaint usually made as to the work of either a gas range or almost any other form of range is that "it burns," that the foods cook too quickly. That means too much fuel is being used, fuel which must eventually be paid for, so that the waste is threefold—first a waste of foods, second a waste of fuel, and third a waste of money to take care of the first two.

No matter what form of range is being used the heat should always be reduced when the contents of a vessel boils, for once boiling point has been attained very little heat is needed to keep the contents of the pan at boiling temperature—212 degrees; fast boiling does no good and may do positive harm. A good slogan is that "matches are cheaper than gas," so don't waste gas; many gas ranges are equipped with a pilot burner or lighter which lights the gas without the use of matches and is a wonderful convenience.

Practically every gas range has three sizes of burners—a giant, a regular, and a simmering burner. The first of these should be used only when intense heat is required; the simmering burner, which should be the most used, is the one which most housekeepers seem to neglect entirely.

Remember that the oven of the gas range retains its heat from eight to ten minutes after the gas is turned off so that foods can finish baking without any expense for fuel.

As the same amount of oven heat will cook more than one dish at a time, try to plan to utilize all the space in the oven when this part of the range is used. Plan a complete baked dinner, or to bake a pudding, pastry, or potatoes for creaming at the same time the oven is used for baking pie, cake, or meat. Plan that when dishes needing a slow heat are cooked, others may be prepared at the same time, requiring a similar temperature—for instance, plain rice pudding and gingerbread might be cooked at the same time, or cereal can be prepared for breakfast while a dish en casserole is cooking for dinner. Do not plan baked potatoes when the rest of the meal is to be cooked on top of the stove—that shows poor management.

To Light a Gas Flame

Have the match ready as soon as the gas is turned on, turning the gas on full, then reducing it to the point required.

In lighting the burners of the gas oven, even where an outside pilot burner is used, be sure that the oven door is open. Sometimes the match goes out and any accumulation of gas in the oven might mean a slight explosion which would frighten an inexperienced cook even though it might not do any serious damage.

The Coal Range

The most important point with a coal range is to understand the dampers and drafts. These vary with different makes and if there is trouble write direct to the manufacturer of your range, who will be glad to give advice and help.

See that the right size of coal is provided and that the grate is kept free of dead ashes, that there may be a good draft to enable the fire to burn brightly. If "clinkers" form on the sides of the grate or fire-box burn oyster or scallop shells, which will help to soften them so that they can easily be removed.

The same rules apply to the use of the oven as to the gas range. If the oven is to be used at all for baking, plan menus to utilize its utmost capacity.

To Make a Coal Fire

Clear out dead ashes—a few light cinders and partly burned coal may be left in the bottom of the grate. Put in a layer of crumpled paper—two or three sheets of ordinary newspaper being about the right amount; on this lay sticks of kindling wood, criss-cross fashion, then put a little coal on top, partly open the drafts, and apply a match to the paper; as this burns the sticks will take fire, and as the coal in turn becomes ignited more coal may be added. Let the fire burn up thoroughly before closing the dampers and remember that an open lower damper means air forced through the fire, causing quick combustion whereas for a slow fire the lower damper should be closed or almost closed and the upper one open.

The Wood Stove

To city dwellers wood for cooking is almost unknown, but in the country it is often used for cooking ranges, equipped with different grates or fireboxes for the use of either wood or coal; otherwise the wood stove in appearance is exactly the same as the coal stove and requires similar handling, as wood burns out quickly and must be carefully watched lest the heat be reduced too quickly.

To Light a Wood Fire

Lay crumpled paper on the bottom of the grate with light sticks of wood over it and a little heavier wood on top; then

HALF-HOUR MEALS FOR THE BUSINESS WOMAN

Paper dishes and doilies help out—so does electrical equipment. The breakfast menu was fruit, fried tomatoes and bacon, toast, coffee

SOME VITAMINE FOODS

For body building—the great unseen power. The kitchen slate—the time saver

proceed exactly as in the method given for lighting a coal fire.

The Oil Stove

There are three precautions necessary in cooking with oil:

1. Use good oil—poor oil has a good deal of sediment which clogs the feed pipes.
2. Keep the stove immaculately clean.
3. Do not turn the burners too high.

Just as good work can be done with an oil stove as with any other. It is not a makeshift: good oil gives intense steady heat and can be depended on.

Ovens for oil stoves are portable and may be secured in large or small sizes.

There is also a broiler made for use with oil stoves which broils steak, chops, or chicken perfectly. It takes longer than the open fire but the flavour of the food cooked with it is delicious.

Using Oil Burners in the Coal or Wood Range

Observe the directions which come with the burners and use as any range, observing the usual cooking temperatures.

Burners of this type can be purchased inexpensively, installed in the wood or coal range, and give perfect cooking results. The cost of operation is about the same as for coal, but there are no ashes or dirt, and the heat may be controlled as with gas.

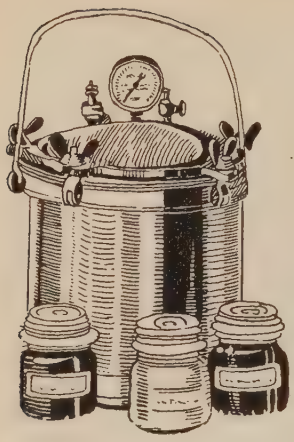
Confined Heat

There are two ways in which confined heat may be used—the pressure cooker and the fireless cooker.

The Pressure Cooker

Pressure cookers are now made of both steel and enamel, the principle of cooking being that of compressed steam which causes the food to cook much more rapidly than when the steam escapes. Foods require different degrees of pressure, from five to twenty-five pounds, sometimes higher.

Pressure cookers are equipped with safety gauges; if the pressure become too great the cock opens and allows part of the confined heat to escape. The pressure cooker should



Pressure Cooker

be handled only by those who understand it—there is no danger if it is properly used, but certain simple rules must be observed for success.

Full directions and explanations are supplied by the manufacturers of the different styles of pressure cookers.

The Fireless Cooker

The original fireless cooker was the one used by the Continental woman who put ham, meat, or stew into a large pan and buried it between two feather beds so that the heat might not radiate; then came the hay box, an ordinary box packed and stuffed with hay which is a non-conductor, a space being left in the centre for the cooking pot around which more hay was carefully tucked. From these crude beginnings the modern efficient fireless cookers have been evolved. Some of these are merely tightly packed wells into which the cooking vessels are placed, others more elaborate and complete have soapstones which can be heated and placed under or over, or both under and over, the food that is cooking, that this may continue more rapidly than if the stones were not used.

Boiling, stewing, and baking operations may be carried on in the fireless cooker. For baking it is essential that heated soapstones be used. Pot roasts, ham, corned beef, and indeed all foods requiring long, slow cooking are made deliciously tender by "the fireless." Soup stock and cereals can be cooked in it practically without expense, the only fuel cost being that consumed during the few minutes that the pan is on the stove while its contents are brought to boiling point.

A Slow Oven Meal with Gas or Coal Range

Hot Pot — Baked Beets

Bread and Butter

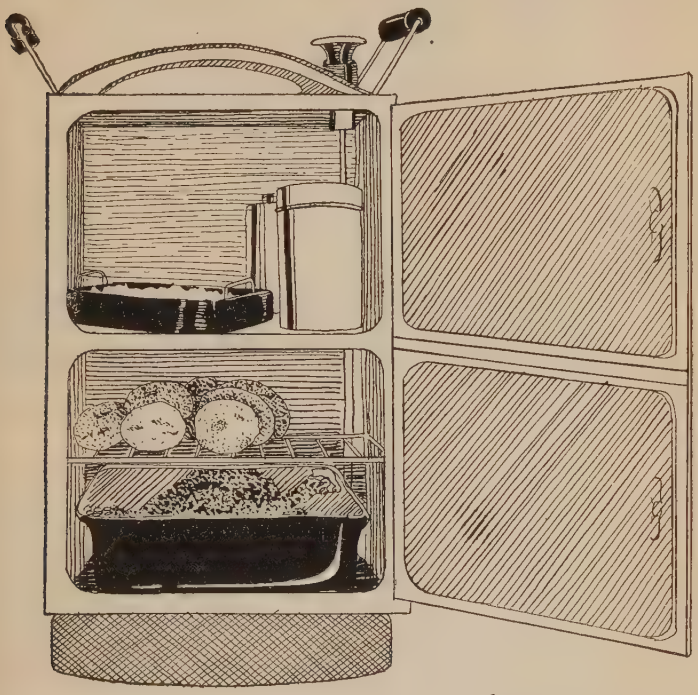
Lettuce — French Dressing

Plain Rice Pudding — Jelly

Coffee

A Top-of-the-Stove Meal

Use for this either a steam cooker in which various foods can be cooked together over one burner, or the gas or oil stove, or the top of the wood stove, or of a small fire in the coal range.



Ready to cook a steamer meal

Menu

Braised Breast of Veal
Braised Potatoes Onions Cooked in Milk
String Beans Vinaigrette
Bread and Butter
Steamed Ginger Pudding Lemon Sauce
Coffee

One of the features of the steam cooker is that it is so constructed that the foods do not taste one of the other.

It has a siren or whistle which indicates when more water is needed.

A Fireless Cooker Meal

Baked Beans Boston Brown Bread Butter
Stuffed Tomato Salad Boiled Dressing
Indian Pudding Hard Sauce
Tea

A Pressure Cooker Meal

Corned Beef
Potatoes Carrots Turnips
Bread and Butter
Fruit Cobbler Liquid or Hard Sauce
Coffee

The pressure cooker is equipped with one or more racks to hold various utensils containing food.

In the menu given above put the corned beef on first, allow to cook partly, reduce the pressure, and put in the vegetables and the pudding; then fasten the clamps again, bring the pressure up to the desired point, probably fifteen pounds, and complete the cooking.

In this meal the sauce must be made separately and can be done while the pressure is reduced prior to serving.

The Use of Small Electrical Equipment

Electricity is rapidly coming into its own and with good reason, for it has so many points in its favour that it is not surprising that every woman whose home is equipped with it should desire to make as much use as possible of this exceedingly helpful servant. Especially where a woman must do her own cooking, the electrical units should be pressed into service for practically every meal, for their use means easier work and companionable meals.

The most useful electrical appliances for the small household are the percolator, toaster, chafing dish, electric grill, and waffle iron, all of which may be used on the table or on a small side table conveniently placed near the hostess. The electric range is for kitchen use, but in its place is just as useful as the table units.

The Care of Electrical Equipment

1. Keep the cords in perfect order; do not twist them or allow the fabric covering to become frayed.

2. Be sure to turn off the current as soon as the cooking is done; it is the current which is wasted, not that which is used, that runs up the bills.
3. Where slow cooking is needed adjust the plugs to "low"—do not waste current. Most appliances have two or three available heats.
4. Keep all appliances scrupulously clean; do not let crumbs collect in the toaster.
5. If electrical cooking appliances are washed see that they are also thoroughly dried.

The Electric Toaster

The electric toaster is perhaps the first electric table appliance to be purchased, and it is of use at almost every meal; for instance:

Breakfast: Toast plain or buttered, toast served under eggs, bacon or sausage cakes, or as a *bonne bouche* with marmalade or honey.

Luncheon: As an extender for left-overs from dinner; for meat or fish creamed or heated in gravy; as a garnish to hash or minced-meat; for a mock club sandwich, or toasted cheese sandwiches.

Afternoon Tea: Cinnamon toast bars, toasted marmalade sandwiches, toasted English muffins, toasted stale sponge cake for jam sandwiches.

Supper: Toast as a base for canapés or for sandwiches—as club, chicken, or shrimp salad, egg and tomato, etc.

After-theatre Supper: Toast for Welsh Rarebit and the many chafing-dish tid-bits served at this late hour.

The Electric Percolator

Start the coffee "perking" while preparing the table or tea cart for breakfast, and by the time the cereal is eaten the coffee will be ready—clear and piping hot, without the necessity for rising from the table. A quiet breakfast without having to jump up and down should be enough reason for using it.

The Electric Chafing Dish

A chafing dish is a combination frying pan and double boiler. All good chafing dishes have two cooking vessels—a

lower or blazer, and an upper which corresponds to the inner vessel of the double boiler and which is used for egg dishes, creamed dishes, chicken, fish, etc., needing gentle cooking over hot water. When a strong heat is required, as for frying or sautéing, use the blazer placed over the wired hot plate.

The chafing dish is particularly useful in the sickroom, and by the way, if you have any idea that electricity is unsafe, please forget it at once—some colleges permit no other cooking equipment and they should be good judges of its safety.

All foods that may be cooked quickly, as eggs, creamed fish, and meat dishes, Newburgs, rarebits, panned oysters, cheese fondue, etc., are suited to chafing-dish preparation. A little study of the various cooking sections of this book will suggest many new chafing-dish dishes. (For special suggestions for chafing-dish meals, see section on Company Meals and Entertaining.)

The Electric Grill

An electric grill looks like a toy stove, but it is a very real and efficient worker. One housekeeper frequently serves four people with a course dinner and she has no other cooking equipment—soup, chicken, chops or steak, or a ragout, and vegetables are served from the grill, desserts are cooked beforehand or are sometimes eliminated, and salad, cheese, and crackers served instead. Coffee is prepared while the dinner is being eaten (using the percolator). The meals prepared by the use of the little grill are satisfying and well balanced.

With an electric grill one uses all the heat. Boiling is done on top of the stove, broiling or grilling underneath. True, it takes a little planning and careful manipulation to have everything done and hot at the right time, but it is infinitely better and less expensive, to say nothing of being more homey, than going out continually to meals.

For kitchen use, for the business woman who wants "home life," for the bachelor, as well as for a family of two there can be no better expenditure than for an electric grill. Some of the best grills have waffle irons as an additional attachment.

Any foods suited to chafing-dish preparation may be cooked in the grill, also chops, minute steak, thin slices of ham, bacon, cottage fried potatoes, etc.

The Supply Tray

The great charm of electric table cookery is the ease with which it is accomplished, but this comes only by proper planning.

Have a supply tray on which group various seasonings—salt, paprika, mustard; Worcestershire sauce, and tomato catchup in decanters, a few spices in small containers, and a nest of bowls for the beating of eggs and various mixings, one or two spoons and forks, and all is ready for use. It does not require a large tray, one about twenty-four inches long and twelve inches wide is large enough.

The Electric Waffle Iron

"Waffles without odour or grease," you get with an electric waffle iron, for once the iron is heated it cooks the batter to perfection without oiling and the waffles are crisp and tender. Use any of the waffle batters given in the section on Quick Breads, and don't forget pound cake waffles—they are specially good for dessert and may be served hot or cold. Try Waffle Omelets, using one of the omelet recipes in this book but baking it in the waffle iron instead of in the chafing dish or omelet pan.

Good menus for a waffle breakfast would be:

Cantaloupe
Broiled Ham Fried Apple Rings
Finger Rolls Butter
Waffles Honey
Coffee

Oranges, Whole or Sliced
Broiled Sausages
Parkerhouse Rolls Butter
Waffles Maple Syrup
Coffee

The Household Marathon

Back and forth
Up and down
Forward
Backward
The attic—the cellar—the kitchen—the hall.
The baby—the dishes—the telephone—the winter furs—the beds—the luncheon—the butcher.
Just the Household Marathon!
No time—no leisure—tired—frowsy—unhappy.
Cluttered—house, mind, soul.

or

The magic of clean white paper.
A pencil sharpened by The Boy.
The after-breakfast quiet—when the house is still.
A quick grouping of tasks—*all* of them—big and little.
Many quickly done.
Others dovetailed.
Those near by done at one time,
Many while sitting.
The wheel-tray at work.
The baby in his pen.
Each task *finished.*
Quiet alone after lunch.
The children resting.
A change of clothes.
The out-of-doors.

CHAPTER VI

COOKING SHORT-CUTS

MUCH has been said about the routing of work, time schedules, and leisure for the home-maker. The greatest of all time and energy savers is a plan made ahead but elastic enough to allow for interruptions, for they *will* come in every household.

This plan must include—

Buying ahead in quantity.

Planning meals carefully at least two days ahead.

Cooking ahead, and controlling the left-overs (see Utilizing Left-Overs).

Making every motion count.

Using every minute spent in the kitchen.

Preparing part of the next meal while in the kitchen cleaning up—as cereal for breakfast at night, soup for luncheon, and dessert for dinner—after breakfast.

Learning to change mixtures to make a variety (see Evolution of Bread Dough in section on Yeast Breads).

Making full use of each cooking operation (see Oven Meals, Top-of-Stove Meals, Steamer Meals, in section on Managing the Range).

Preparing a seasoning tray.

Suggestions for Cooking Short-cuts and Time Saving will be found throughout this book.

Half-Hour Meals

Too much time is spent in the average home in the actual process of cooking. In many cases this can be cut down to approximately one and one-half hours a day. This does not mean that thirty minutes will be consumed in preparing each meal.

Breakfast, which can be put together quickly, often takes not more than fifteen minutes; a dessert for dinner, like gelatine, should be made in the morning, so part of the thirty

minutes allowed for dinner would be used in the earlier part of the day.

Luncheon may be very light, for example—eggs, a plain lettuce salad, cookies, and tea, which could be prepared in fifteen minutes.

To Cut the Time of Cooking

1. Plan very simple menus, include as many raw vegetables in the form of salads, relishes, and fresh fruit as possible.
2. Choose foods that can be cooked quickly as—
   (a) Eggs; broiled, fried, or boiled fish; broiled or fried meats; cheese; milk soups, creamed meats, fish, etc.
   (b) Ready-to-eat cereals, or those which have been partially cooked before purchasing, macaroni, spaghetti, noodles, boiled rice.
   (c) Potatoes, white and sweet, cut in pieces before steaming or boiling, corn, asparagus, quick cabbage, carrots cut in dice, green peas, tomatoes, stewed eggplant or summer squash, spinach.
   (d) Any salads which do not call for special cooking. If chicken salad is used, it must be made from left-over or canned chicken. Make French, mayonnaise, or boiled dressing in quantities so that it will always be on hand. Make sufficient cream soup at one time for two meals. Use canned soup, or soup made from bouillon cubes, or vegetable or meat extract.
   (e) For desserts, use sliced fresh fruit, charlottes, quick gelatines, baked custard desserts prepared in individual portions; old-fashioned shortcakes, fruit whips, escalloped fruit, baked apples, baked rhubarb, etc.
3. In planning half-hour meals, select as the final course the dish demanding the longest time to cook, this can be cooking while the meal is being eaten; for example, apple dumplings, or escalloped fruit.
4. Plan meals as far as possible that will use one kind of heat—oven meals, steamer meals, or boiled meals.
5. Start the dishes demanding the longest cooking first, set the table, and get out the serving dishes.

6. Next prepare the salad or cold course if it is used, putting it in the icebox to chill.

7. Use canned and other commercially prepared foods in the right way. (See Section on Emergency Shelf.)

Throughout this book will be found recipes calling for thirty-minute cooking. (See sections on Eggs, Meat, Fish, Salads, Desserts, Soups, Quick Breads, Vegetables, Sandwiches, etc.)

Half-Hour Luncheons or Suppers

1

Cold Tomato Soup (Canned)
Lettuce and Cream Cheese Salad French Fruit Salad Dressing
French Toast with Peaches (Canned)
Tea

2

Eggs Scrambled with Cheese on Toast
Reheated Rolls and Butter
Tomato and Lettuce Salad
Fresh Fruit Tea

3

Mixed Vegetable Salad Mayonnaise
Toasted Cheese Sandwiches
Tea

4

Fruit Salad with French Dressing and
Chopped Nut Meats
Bread, Butter and Jam Hot or Iced Cocoa

5

Creamed Dried Beef on Boiled Rice
Celery Bread and Butter
Fresh Fruit Sweet Crackers Tea

6

Corn Chowder or Vegetable Stew
Crisped Crackers
Apple, Nut, and Raisin Salad Tea

Half-Hour Dinners

1

Vegetable Soup (Bouillon Cubes)
Broiled Chopped Beef Patties Broiled Potatoes
Stewed Tomatoes Bread and Butter
Lettuce Dressed at the Table
Fruit Cup Coffee

2

Iced Grape Juice
Steamed Canned Ox Tongue
Parsley Potatoes Peas
Celery or Radishes Bread and Butter
Warm Baked Apples Cream
Coffee

3

Broiled Ham Broiled Sweet Potatoes
String Beans (Canned) Bread and Butter
Fruit Salad with French Dressing
Crackers Cheese
Coffee

4

Broiled Lamb Chops Buttered Rice
Peas Heated in Lamb Gravy Currant Jelly
Reheated Rolls and Butter
Charlotte Russe Coffee

5

Chicken Broiled in the Oven
Mashed Eggplant or Summer Squash Baked Frenched Potatoes
Rolls and Butter
Asparagus or Cucumber Salad
Bread and Butter Custard (Warm) Coffee

6

Broiled Halibut, Whitefish, or Mackerel
Spanish Rice Peas
Entire-Wheat Bread and Butter
Lettuce and Cress Dressed at the Table
Warm Gingerbread Whipped Cream
Coffee

Simple Half-Hour Dinners

1

Spaghetti Italian Broiled Bacon
Asparagus, Cucumber, or Beet Salad French Dressing
Bread and Butter
Boiled Fruit Dumplings (Canned Fruit) Cream
Coffee

2

Jambalaya Bread and Butter
Tomato and Lettuce Salad Mayonnaise
Baked Caramel Custard
Coffee

3
Creamed Ham, Chicken, or Dried Beef Baked Potatoes
Corn-on-Cob or String Beans (Canned)
Entire-Wheat Bread Butter
Lettuce, Orange, and Grapefruit Salad Dressed at the Table
Apple Whip or Apple Sauce
Coffee

Cooking for Two

The problem of cooking for two, which seems difficult to the inexperienced home-maker, is really very simple.

As a matter of fact, the home-maker catering to two can have exactly the same type of meals as those served to a larger family if she learns how to use the left-overs without too much monotony. For special directions see section on "Left-overs."

If a can of pears, peaches, peas, or beets is opened, two people will not use it at one meal, especially if full-sized cans are purchased. Food bought in this way is less costly than the smaller-sized cans, and if half is used for dinner, the remaining half can be used the next day—the peas in a cream soup for luncheon or dinner; left-over beets could be pickled for use later on, so could carrots (see recipe for Carrots Vinaigrette); asparagus tips could be used on toast, and two days later the liquid and remaining parts could appear in a soup.

It is not necessary to serve food the second time in the form in which it is first cooked unless it is desirable to do so. Sufficient cereal may be cooked at one time for two meals. It may appear plain at first and in the form of oven-browned or fried cereal the next day.

Recipes for cakes may be divided in three ways: part as a loaf, part in layers, the remainder in cup-cake form, the batter being varied to avoid monotony. (See section on Cakes.)

Meats may be bought in small quantities, a two-and-one-half pound roast of beef, for example, being sufficient for three days. There are many ways in which it can be used after the first day's cooking. (See section on the use of Left-Over Meats.)

Muffin, waffle, and griddle-cake mixtures which are made in full-sized recipes may be kept in the icebox, if closely covered, and cooked the next day if a suitable baking powder is

used. In other words, the home-maker for two can always have fresh breads.

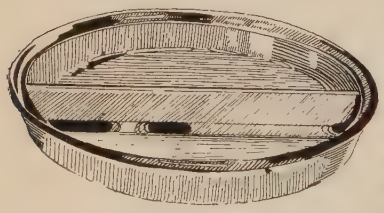
The recipes in this book are proportioned for six as a general rule. If the ingredients are halved, the resulting amounts will be sufficient to serve three, or two people with hearty appetites.

In halving any recipes, remember that sixteen level tablespoonfuls of anything make one cupful (See section on Weights and Measurements).

Do not constantly recalculate the amount of ingredients; when you first figure them out, write them in ink in the margin of the recipe. Proceeding in this way, you will soon have a book of recipes for "cooking for two."

If an egg has to be halved, first beat it in a cup so that it will pour, and use half; the remainder can be utilized in scrambled eggs, enriching cream soup, salad dressing, etc.

In halving a layer cake recipe of medium size there will usually be sufficient batter to make one layer; in this case bake it, cut in half, and put the halves together exactly as for a large cake. If not convenient to make a whole pie, use a half pie plate, such as the one illustrated, or bake in it, if you like, two kinds of pie at once, as mince, which will keep in cool weather, and custard, which should be eaten at once; or individual pies may be baked in shallow muffin pans.



Kitchenette Cookery

See section on Cooking for Two, Cooking Short-Cuts, and Half-Hour Meals. Carefully study the Emergency Shelf, and the principles of arrangement for the small kitchen given in the section on The Food Workshop.

PART II

HOW TO COOK

Twenty-Five Hundred Tested Recipes

PROPORTIONS ARE FOR SIX PEOPLE

CHAPTER VII

WEIGHTS AND MEASUREMENTS

IT IS perhaps not an exaggeration to say that accurate measurements are absolutely essential to consistently good cookery. "A little of this or that" may at times prove successful, but this is most uncertain. A cup, such as is used for tea or coffee, is emphatically *not* a measuring cup—sizes vary too greatly. In standard measurements a teaspoonful or tablespoonful of any ingredient does *not* mean a heaped up or a rounding spoonful. Such are more liable to be two or even three spoonfuls. It means absolutely level measurements. A half cupful of butter or other fat, carelessly heaped in, is quite different from an actual half cupful packed down. *Careless measuring usually means failure. Failure, in turn, means waste. Waste means loss of money, time, and energy, and, worst of all, discouragement.*

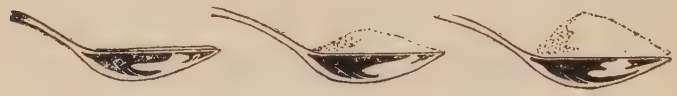
How, then, do we measure for accuracy? There are two ways. One, by means of weighing, the other by means of standard half-pint measuring cups, teaspoons, and tablespoons and level measurements. However, measuring by weight is a method which has not proved practical for household use, because the method takes too much time and trouble, so throughout this book, as far as possible, we are using the standard half-pint cup, standard teaspoon, and tablespoon and level measurements.

Level Measurements

There is another reason why all measurements must be absolutely level. If a recipe, for instance, calls for one and a half level cupfuls of flour, and the measuring is done by heaping cupfuls, more flour is used than is necessary. This is waste, and if the same principle is applied to all measure-

ments for, say, the duration of the year, this unnecessary waste of food materials in the average household would run into a large sum of money.

This point can best be illustrated by a simple experiment: Dip out a heaping tablespoonful of flour, put it in a bowl,



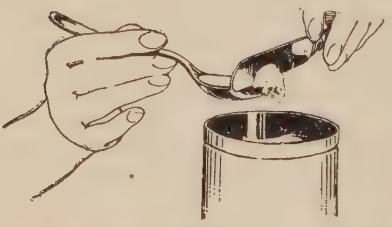
A "level" spoonful, a "rounding" spoonful, and a "heaping" spoonful

then measure it into level tablespoonfuls. Go through this same process with a heaping cupful of flour and a heaping tablespoonful of butter—the result will be amazing.

Throughout this book you will frequently see the phrase: "All measurements are level." This does not mean that the ingredients are shaken off, but that they are actually *levelled or scraped off with a kitchen or case knife.*

How to Measure Dry Ingredients

To measure a cupful, a tablespoonful, or a teaspoonful of any dry ingredient, fill the utensil full and level off the top with a knife, taking care not to pack.



This shows how to "scrape" or level off an ingredient

To measure a part cupful of any dry ingredient, follow the numbers on the measuring cup. One fourth means a fourth-cupful. One third means a third-cupful. One half means a half-cupful, and three fourths means three quarters of a cupful.

All dry ingredients liable to lump, as flour, confectioners' sugar, or baking soda, should be sifted before measuring. Grains, like whole-wheat flour, or graham meal, however, should *not* be sifted, as this removes valuable nutriment, but rather stirred lightly with a spoon before measuring.

Fats

Solid fats, like butter, margarine, lard, the lard substitutes, and all drippings must be packed down and levelled off before measuring. If the word "melted" follows the name of the fat, it means that the fat is first measured and then melted. If it precedes the name of the fat, it means that it is measured after melting.

A half-tablespoonful or half-teaspoonful of any dry ingredient, or solid fat, is always measured as follows: Fill the spoon full. If it is a dry ingredient, level it off, then measure it lengthwise of the spoon into halves, scraping off the unused half. If a solid fat is being measured, first pack it into the spoon, then level it off, and proceed as directed.

For a fourth-teaspoonful or tablespoonful, first measure a half and then divide it.

Liquids

In measuring liquids, whether the liquid be milk, water, soup-stock, or anything of that nature, or whether it be a liquid cooking fat, fill the utensil with as much of the ingredient as it will hold without running over.

The following table should be thoroughly understood so that it becomes as familiar as the multiplication table, in order to facilitate the dividing or multiplying of all ingredients in recipes:

16 tablespoonfuls equal one cupful
3 teaspoonfuls equal one tablespoonful
2 cupfuls equal one pint
4 cupfuls equal one quart

When the ingredients have once been worked out they should be noted on the margin of the recipe, so that when that particular dish is to be made again it will not be necessary to spend time in recalculations.

Old-Fashioned Measuring Terms and Their Equivalents

Some may wish to standardize old recipes by this new and scientific type of measurements. Here is a list of the

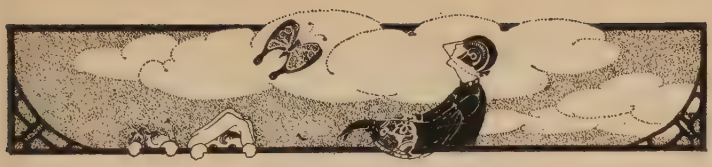
terms, found in old-fashioned recipes, with their modern equivalents:

1 gill equals $\frac{1}{2}$ cupful
8 fluid ounces equals 1 full cupful
1 salt-spoonful equals $\frac{1}{4}$ teaspoonful
1 wineglassful equals 4 tablespoonfuls or $\frac{1}{4}$ cupful
1 rounding tablespoonful of butter equals two tablespoonfuls
Butter the size of an egg equals $\frac{1}{4}$ cupful

Weight and Measurement Equivalents

It is sometimes necessary to know the weights and their equivalents in measurements. The following table gives the most common of these:

1 lb. granulated sugar equals 2 cupfuls
1 lb. powdered or confectioners' sugar equals $2\frac{1}{2}$ cupfuls
1 lb. brown sugar equals $2\frac{2}{3}$ cupfuls
1 lb. butter or margarine, lard, or lard substitute equals 2 cupfuls
1 lb. pastry or bread flour equals 4 cupfuls
1 lb. meal equals approximately 3 cupfuls
1 lb. rice equals 2 cupfuls
1 lb. ground coffee equals $4\frac{1}{4}$ cupfuls
1 lb. finely chopped meat, packed down, equals 2 cupfuls
6 oz. raisins or currants equals 1 cupful
2 oz. stale, ground bread crumbs equals 1 cupful
1 oz. chocolate equals 1 square
1 oz. chopped and blanched nuts equals $\frac{1}{3}$ cupful
1 lb. eggs equals 9 or 10 eggs



Chasing Butterflies

Home: The kitchen sink—
Piles and piles of dishes
To be washed.

Every day
Three times
Throughout the years.
Miles of dishes for a life—
And years of time.

Fame: Rehearsing for the play
An opera to be learned.
The camera—day and night
Before the picture's done.

Dull—tedious hours.

A book propped on the shelf—
A flower in a vase—
The busy hands at work
While thoughts go winging forth
Like butterflies
To seek the new.

Life worth while.

CHAPTER VIII

GOOD SEASONING AND FLAVOURING

(All measurements are level)

CERTAIN seasonings lift up certain foods, but in using them one must be careful not to over-season or under-season, but rather to obtain a delicious blend which will bring out the flavour of the predominant ingredient in the dish and add that elusive aroma so subtle that even the epicure hesitates to name it.

Catchup, chili sauce, and horseradish: These all lend themselves particularly well to fish and meat dishes; to mayonnaise and boiled dressings for salads in the proportion of about four tablespoonfuls to a cupful of dressing; and to white sauce for cauliflower, cooked cucumbers, celery, nut loaves, and so forth, in the proportion of a half cupful to one and a half of sauce.

Pickles, ripe and green olives, chow-chow, chutneys, and the like: These should be used especially with fish and heavy or very fat meats, as ham, or pot roast of beef, and with baked beans. They may often be added to vegetable, nut, and cheese salads. Olives are excellent with lighter meats, as chicken.

Chives, onions, celery, radishes, pimientoes, and green peppers: These are not seasonings, but since they lift otherwise commonplace foods into the æsthetic class they may be so considered. Onions belong with any kind of meat, most fish dishes, and lend themselves to almost all savoury dishes, as nut loaf, etc. Chives are used mostly in salads, but they make delicious seasoning for soups. Garlic is a definite seasoning and must be sparingly used, always minced very fine. It adapts itself to meat and savoury dishes, as Italian spaghetti, as well as to vegetable salads and salad dressing.

Celery, fresh or dried, is a delicious seasoning for soups, sauces, all poultry, all stuffings, and many oyster dishes. Celery salt and onion salt may often be used in place of onions and celery. Radishes and green peppers are suitable in any vegetable or fish or meat salad; the latter with any meat dish and in combination with cooked vegetable or cereal savouries. Pimientoes are adaptable to light meat dishes and all salads.

The Vinegars: Plain cider, tarragon, nasturtium, celery vinegar, and so on, may be used to vary French dressing, to give a tang to cabbage and other strong-flavoured soups, and to season such meats as beef à la mode and sweet-sour tongue, tart sauces for fish, and fish itself.

Prepared Sauces: Worcestershire sauce, tabasco, and unusual catchups, as mushroom and the like, may be used with meats, especially those which are inexpensive and need enlivening. They may also be used to vary French dressing.

Herbs: These may all be obtained in dry commercial form. They will help greatly to lift all savoury cooking to the plane where it belongs. It is advisable to have on hand bay leaves, sage, thyme, and marjoram, as well as mixed-pickle spice, and poultry seasoning, which is a delicious blend of various herbs.

Allspice, whole cloves, stick cinnamon, nutmeg, mace, and ginger: These also belong on the pantry shelf, not only for use with meats and savouries, but for sweet dishes.

Cinnamon, stick form and ground: This harmonizes with chocolate, fruit dishes, and many cakes and pies, either alone or blended with other spices. Cinnamon extract is quite as adaptable and easier to use.

Clove: Whole and ground cloves may be used in a similar way, and so may clove extract.

Nutmeg: This is obtainable ground, in extract form, and whole. This spice may be blended with others or used alone in custard mixtures, with milk desserts and fruit desserts, and can be used to advantage with spinach and other vegetables. Spices must be sparingly used.

Orange and Lemon Rind: These may be used in cakes, puddings, custards, pies, and in some fish and meat dishes.

Lemon Juice: This is used in fruit cups, fish cocktails,

with fish, many meats, in salads and salad dressings, in icings, etc., in any case where a touch of acid is needed.

Caramel may be kept on hand for browning sauces and gravy. Various kinds of spices and salt may be mixed ready for the seasoning of various sauces and gravies. Salt and pepper may be kept on hand ready mixed in the proportion of seven parts of salt to one of pepper, level measurements.

Caramel

For browning sauces and gravies

1 pound dark brown sugar
½ cupful butter
2 cupfuls boiling water

Place the ingredients in a heavy saucepan and simmer until a deep rich brown, as heavy as cream; should it thicken before reaching the desired colour add a little water. Cool, skim the fat from the top, and strain into a bottle or jars. Use one-half teaspoonful to one tablespoonful according to amount of sauce or gravy to be coloured.

Gravy Spice

½ pound black pepper
4 ounces ground ginger
2 ounces grated nutmeg
2 ounces ground allspice
½ ounce ground cloves
2 ounces ground cinnamon
¾ pound fine dry salt

Mix all the ingredients together and pass them twice through a fine sieve. Store in small jars or tins keeping closely covered.

Be sure the salt is dry before adding it to the other ingredients.

Use from one-fourth to one-half teaspoonful of spice to two cupfuls of gravy according to the spiciness desired.

Seasoning Tray

Miles of steps can be saved if the seasonings are kept near the range where they will normally be used. The easiest way is to buy a wooden knife-and-fork tray, place in it a dredger for the salt-and-pepper mixture; a jar of gravy spice and pickle spice; a bottle of caramel; one each of Worcestershire and tabasco sauce, a small bottle of tomato

The Seasoning Tray

catchup, one of horseradish, and small cans of various spices, powdered dry parsley, poultry seasoning, the usual herbs, dried celery leaves, and celery seed.

The Flavouring Extract

Habit causes the average housewife to use only vanilla and lemon extracts with occasionally a little orange. Many other flavours, equally good, may be obtained: almond, rose, the fruit flavours, and so on. Buy only the best kind; for they not only go further, but are made of absolutely pure materials and give better results. Neither good nor healthful results can be obtained from synthetic flavours.

It is not extravagant to purchase a variety of extracts for in the end no more is used; one simply does not buy lemon and vanilla quite so often. If properly corked they will keep almost indefinitely. Various non-alcoholic flavourings—giving the old-type wine flavours—may also be purchased.

Blending Extracts: Equal parts of lemon, vanilla, and almond are delicious in cake or frozen pudding. Half as much rose as orange is a new flavouring for a white or angel cake. Vanilla and caramelized sugar are closely related. Fruit flavours harmonize with mixtures of fruity taste, such as

raisin cake, plum puddings, and so on. Vanilla seems to "go best" with milk or egg desserts and walnut mixtures.

To Caramelize Sugar: Measure the sugar, allowing it to be about one-fourth inch thick, into a heavy frying pan. Melt slowly, stirring constantly with a spoon, and when pale brown remove at once from the heat and add the required boiling liquid. The sugar will then lump as the caramel is much hotter than boiling-point. Allow it to cook until the lumps dissolve.

CHAPTER IX

FOODS THAT BEGIN A MEAL

(All measurements are level)

IF ONE wishes to serve an elaborate meal, it is not necessary to add a large number of staple foods to the menu, but rather to dress up the usual number of courses with the dainty little accessories that one serves only on festive occasions. In Europe every company luncheon, dinner, or supper is commenced by the service of hors d'œuvres, which may be described as little savoury tid-bits, either hot or cold, which do not form part of the substantial portion of the meal. In other words, they are extras. Certain hors d'œuvres are always served first; others, which are in the form of relishes, are served between the different courses.

In the first classification are such foods as:

Canapés, Hot and Cold

These always consist of small pieces of crisp toasted or fried bread on which a savoury mixture is spread and served attractively garnished. Cold canapés are generally made of Russian or whitefish caviar, anchovy paste, hard-cooked eggs pounded to a paste with an equal quantity of smoked salmon, some finely minced stuffed olives, and a little mayonnaise, etc.

Hot canapés generally have a savoury mixture spread over the top of minced devilled clams, devilled oysters with a little celery and pimientoes mixed in, fried mushrooms with a high seasoning, a savoury cheese paste with a slice of broiled tomato, etc.

Other forms of hot hors d'œuvres are tiny timbales, cassolettes, and rosettes, also small portions of savoury cheese dishes, and "croutes" (small square or rounded "boxes" stamped from bread) filled with a savoury mixture.

Other tid-bits consist of savoury fish jellied in aspic, hard-

cooked eggs stuffed with caviar, small tomatoes filled with lobster, celery, or crabmeat salad, and the different types of cooked sausage.

Cocktails

Fruit cocktails served in small portions as appetizers may also be classed as hors d'œuvres, as may all types of oysters on the half shell, oyster cocktails, clam cocktails, and lobster, crabmeat, and other fish cocktails.

Any one of these hors d'œuvres is suitable for service at luncheon, dinner, or supper, according to the season.

If the hors d'œuvre is to be served hot, it should be very hot; if cold, it should be ice cold.

Relishes

The relishes which are classed as hors d'œuvres may consist of ripe, green, or stuffed olives; any kind of pickle, small, halved, or cut in fan-shape; radish roses; plain celery, pickled pears, or peaches; stuffed celery; tart jellies, or salted nuts, etc.

In serving a group of relishes a compartment dish is both practical and convenient. Each relish should be arranged in a compartment by itself; and when there are from two to four compartments to the dish, the service is greatly facilitated.

Making the Appetizer Attractive

It is a well-known scientific fact that the eye does half the eating; that is to say, that the appearance of a food that is attractive has a very definite effect upon digestion, because there is a close connection between the nerves of the eye and those of the stomach. We must be extremely careful regarding the dainty service of all foods; it is really worth while to expend a little more care and thought than may be usually shown upon the general appearance of an appetizer.

Canapés may be either simple or elaborate in appearance. In either case they must be made neatly, any mixture that may be spread upon the bread foundation being smoothly spread, either up to the edge or leaving a small margin, the same all around.

The garnishes that may be used for canapés are varied and are, of course, dictated by the canapé mixture itself, fish crying out for a tart or savoury garnish, such as a half slice

of lemon sprinkled with parsley, or bits of pimientoes and green pepper arranged, possibly, maltese cross fashion; flower designs fashioned with petals cut from pickles and centres of stiff mayonnaise put on by means of the pastry tube and bag, and so on. Cheese and vegetable canapés also call for savoury garnishes, watercress, parsley, olives (either ripe, green, or stuffed) being proper, capers, pickled nasturtium seeds, and sometimes little sprigs of fresh mint, all working in well. If the canapé itself is not garnished it is customary to lay a sprig of parsley or some other savoury green beside it. Hot canapés as well as cold are garnished, but of course it is not possible to pipe a design of stiff mayonnaise, or mayonnaise and cream cheese or savoury butter, on to a hot canapé, because any one of these would melt. If it is desirable, therefore, to provide a very elaborate looking canapé, it is better to choose the cold variety.

With regard to cocktails, whether they are savoury or of the sweet cocktail variety, as fruit cocktails, they should be most attractive in their service. The savoury cocktails are usually garnished with parsley, watercress, or heart leaves of lettuce, while fruit cocktails are usually topped by maraschino or crême de menthe cherries, strawberries, or some other small fresh fruit, sprigs of mint, or choice sections of the fruit itself.

General Recipe for Making Cold Canapés

The foundation for cold canapés usually consists of bread. It may be cut in strips about two-and-a-half inches long, one inch wide, and one-fourth inch thick, if the canapés are to be eaten along with the cocktail in the drawing room. One end of the bread is left unspread with the canapé mixture so that it can be eaten without soiling the fingers. Other shapes generally used are small rounds, squares, and diamonds of bread. The bread may be either toasted on both sides, then lightly buttered or spread with one of the flavoured butters (see section on Sandwich Making); or it may be lightly buttered, then toasted until crisp in the oven, or if desired it may be fried until golden brown in deep fat (see section on Deep Fat Frying); then well drained upon crumpled paper to remove any excess fat. If the canapé is to be served as soon as made the first method may be used; if to

be made ahead of time and served cold, the bread will be more crisp if either of the remaining two methods is used. No matter how the bread is cut or what the canapé mixture itself may be, the canapé when served at the table is always placed individually upon a small lace-paper doily, on a small plate which is, in turn, put upon the service plate, and a small fork is used for the service.

Caviar Canapés

Spread toasted rounds of bread with imported or whitefish caviar, and decorate each in the centre with a daisy, the petals of which are fashioned from hard-cooked egg whites, the egg yolks put through a potato ricer forming the centre.

Savoury Caviar Canapés

1. Cut the bread in rounds, fry in deep fat, and on each round place a very thin slice of Bermuda onion, pile caviar on the onion, and pipe stiff mayonnaise around the edge.

2. Stamp out rounds of toast about one and one-half inches in diameter, spread them with fresh caviar previously seasoned with lemon juice and finely minced onion. Place a small chilled oyster in the centre of each and garnish with parsley and thin slices of lemon.

Sardine and Anchovy Canapés

Remove the bones and tails from anchovies or sardines and pound or rub the flesh until very smooth; or substitute for either kind of fish, sardine or anchovy paste, which may be purchased in tubes. Spread toasted or fried bread with the paste, garnish the edges with pimiento butter or stiff mayonnaise put through the pastry tube or bag, and in the centre of each lay a small, thin slice of lemon, on which two crosswise strips of pimiento are placed.

Indian Canapés

Spread toasted or fried rounds of bread with a mixture of equal parts of chutney sauce and boiled ham put through the food chopper, or devilled ham; sprinkle with Parmesan or well-flavoured dairy cheese, grated; brown in a hot oven and serve hot or cold with a garnish of parsley.

Smoked Salmon Canapés

Toast or fry rounds of bread, and then cut thinly sliced smoked salmon into rounds to fit, pipe mayonnaise around the edges and garnish each canapé in the middle with a teaspoonful of hard-cooked egg chopped fine, mixed with a bit of mayonnaise and a hint of chopped stuffed olives; top this in turn with a half of a stuffed olive.

Peanut Canapé

Spread rounds of toasted or fried bread with a peanut-butter mixture made of two-thirds portion of peanut butter mixed with one portion of cottage cheese, and moisten with chili sauce. Decorate with minced parsley about the edge, wreath style, and with narrow strips of canned pimientoes.

Spanish Canapés

Toast or fry rounds of bread. Stone large Spanish olives with a cutter and fill with firm sauce tartare. Place one of these olives in the centre of each round; curl an anchovy fillet around it and garnish the edge with some finely chopped hard-cooked egg and bits of parsley or watercress alternating.

Stuffed Eggs à la Russe

Remove the shells from six hard-cooked eggs, cut them crosswise into halves; remove the yolks and fill the spaces from which these were taken with caviar, minced sardines, salmon, or tuna fish. Press the yolks of the eggs through a sieve, moisten thoroughly with mayonnaise and put a spoonful on each half egg. Have ready rounds of well-buttered bread and slices of small ripe tomatoes. Put a slice of tomato on each round of bread, then a half egg on the tomato, and garnish with lemon and parsley.

HOT CANAPÉ SUGGESTIONS

Almost any type of hot, savoury mixture made up of cheese, fresh or smoked fish, shell fish, or smoked meats, may be used in the making of hot canapés; do not have the mixture too soft. In other words, the mixture must be sufficiently stiff actually to stay on the toast. Instead of plain toasted

or fried bread for a hot canapé, "croutes" or bread boxes are sometimes used. These may be either round or square, and are made by cutting rather stale white bread into pieces one and a half inch thick. If a box is to be made the bread should be cut square, a sufficient amount hollowed from the centre to make a little square box; if a round shape is desired the bread is cut with a round cutter, the centre being, in turn, hollowed out by means of a smaller round cutter. The bread is then fried until golden brown in deep fat. Such boxes are used for moist mixtures.

Oyster Toast

Prepare half the recipe for béchamel sauce (see section on Savoury Sauces); to this add a pint of oysters which have been carefully looked over, washed, and drained, then cut in halves or quarters according to the size. Let them cook in the sauce until the edges begin to ruffle, then transfer to the toast, which should be hot, or use croutes if desired, and serve at once with a garnish of parsley or cress.

Shrimp or Lobster Toast

Make one half the recipe for savoury egg sauce (see section on Savoury Sauces), add a pint of diced lobster meat, or diced cooked or canned shrimps. Spread this mixture piping hot on toasted or fried rounds of bread, and serve at once with a garnish of thin slices of lemon which are in turn topped with stars of lemon butter put on by means of a pastry tube and bag.

Mushroom Toast

Peel good-sized mushrooms and reserve six of the caps; peel the stems and the remaining caps; dice them, making a pint of the diced vegetable. Melt two tablespoonfuls of butter in a frying pan, add a few drops of lemon juice and a hint of mace, then gently cook the mushrooms until they are done, about ten minutes. In the meantime, fry the caps separately, keeping them whole; put the mushrooms on fried or toasted rounds of bread which have been spread with lemon butter, top with the mushroom caps, sprinkling them lightly with minced parsley.

A BALANCED BREAKFAST

Oranges, flakes, top milk, a boiled egg, broiled bacon, a muffin, butter, coffee

A BALANCED DINNER

Broiled chicken, boiled rice, creamed onions, bread and butter, romaine salad with mayonnaise, a nut cup cake and coffee

A BALANCED LUNCHEON

Petite marmite, crackers, asparagus salad, mayonnaise, peach shortcake and tea

Cheese Canapés

Fry or toast rounds of bread, sprinkling thickly with well-flavoured dairy cheese; dredge this lightly with paprika; place in the oven until the cheese is melted, and serve very hot with a garnish of cress or parsley.

OTHER SAVOURY APPETIZERS

The appetizers used in different lands vary considerably. In the cold countries, as in Norway, Denmark, and Russia, they invariably consist of savoury fish, either smoked or pickled. In Italy, where the hors d'œuvre is known as the antipasto (literally the "before the repast"), the appetizers always include raw vegetables, as tomato, onion, or green pepper, as well as fish, or sometimes the fish is not used and a savoury prepared sausage, as salami, takes its place. Suitable combinations of this nature per person may consist of:

1. An anchovy or sardine, a pimiento and a bit of stuffed celery with French dressing.
2. A thin slice or two of salami, a few shreds of raw onion, some radish roses, and French dressing.

Again, the savoury appetizer may be even more elaborate in character. The following recipes are of this nature:

Sardines in Aspic

Drain eight or ten boneless sardines on a cloth; carefully remove the skins. Roll up each sardine in a thin slice of smoked salmon. Place in a pan containing a layer of previously set aspic jelly, pour over sufficient half-set aspic to quite cover the sardine rolls, and put on ice to set. Cut neatly and arrange tastefully. Garnish with slices of tomato, cucumber, and cooked beets.

Stuffed Pimientos

Allow one pimiento for each service. On each place a tablespoonful of minced, cooked ham mixed with a little Worcestershire sauce and either boiled salad dressing or mayonnaise to blend; roll up and serve each on a lettuce leaf with a garnish of parsley.

Swedish Leaf

On a good-sized lettuce leaf arrange daintily and geometrically a heaping teaspoonful each of shredded herring and celery blended with mayonnaise, two heaping teaspoonfuls of chopped hard-cooked egg blended with chili sauce or catchup, and caviar to garnish.

Anchovy Toast

Spread rounds of buttered toast with anchovy paste; pipe a design about the edge of mayonnaise, using a pastry bag and tube, and decorate further with bits of parsley or watercress and a little caviar.

Jellied Anchovy Moulds

Add to one cupful of shredded anchovies one-third cupful of finely minced celery, a half teaspoonful of onion juice, and a finely minced pimiento or green pepper. Stir into this one tablespoonful of gelatine softened in cold water to cover, then melted over steam. Pack into a small pan so that it is one-half inch thick; then, when chilled, cut into oblongs, dip each into aspic jelly, and garnish each mould immediately on the top with slices of stuffed olives, three capers, cloverleaf fashion, a little hard-cooked egg chopped, a sprig of parsley, or a slice of red radish, etc.

Salmon and Caviar Rolls

Shape six thin slices of smoked salmon into good-sized rounds about three inches across; or squares of about three inches; mix together equal parts of caviar and ripe olives; place a heaping teaspoonful in the centre of each piece of salmon, roll them together, chill, and serve with a garnishing of lemon.

Finnan Haddie Shells

Fill mussel shells with chilled boiled or broiled finnan haddie mixed with one sixth its bulk of chopped stuffed olives, and moistened with either sauce tartare or mayonnaise; smooth the mixture over, then spread smoothly with mayonnaise and top with parsley sprigs.

Savoury Cheese Balls

¼ cupful of butter
8 tablespoonfuls of flour
1 cupful milk
1 egg
½ teaspoonful salt
1 tablespoonful minced green pepper
1⅓ cupfuls chopped American cheese
⅓ teaspoonful paprika

Melt the butter, stir in the flour and seasoning, and gradually add the milk and the green pepper, combine the cheese and egg. Add this to the sauce and cook over hot water, stirring occasionally until the cheese is melted. Then chill the mixture, shape it into balls, allowing one half tablespoonful or a little less to each one. Roll the balls in cracker dust, then in slightly beaten egg diluted with two tablespoonfuls of milk to each egg, then in fine dried bread crumbs, and fry in deep fat, 350 degrees F., which is hot enough to brown a bit of bread in sixty seconds. Drain on crumpled, unglazed paper, and serve hot in a nest of sprigs of watercress. If desired these balls may be served singly on slices of tomato with a garnish of sprigs of parsley.

Lynnhaven Oysters

To each person allow six oysters on the half shell; place the oysters in a baking pan; on each oyster put a bit of horseradish and a few drops of lemon juice; then lay on each a very small strip of thinly sliced bacon; place in the oven and cook until the oysters ruffle and the bacon is brown; serve very hot on a good-sized plate with sprigs of parsley between the oysters and a lemon basket filled with sauce tartare in the centre of each plate.

Stuffed Celery

Remove the strings from the tender stalks of celery and crisp. Fill with any one of the following mixtures, chill again, and cut in three-inch lengths if the pieces of celery are very long; or leave with the tender yellow tips on if the shorter stalks are used.

1. Stiff mayonnaise with shredded sardines or anchovies; twice as much sardine pulp as mayonnaise. If desired a whole sardine may be used to garnish each piece.

2. Equal parts of Roquefort and cream cheese beaten together with a fork and moistened with mayonnaise, boiled,

or French dressing. If desired, this may be put into the celery stalks by means of a pastry tube or bag.

3. Cottage cheese mixed with mayonnaise, boiled dressing, French dressing, or sweet or sour cream to moisten, and mixed with one eighth its bulk of minced stuffed olives.

SAVOURY COCKTAILS

Savoury cocktails are usually made of raw fish, although combinations of raw and smoked fish are sometimes used, and in rare instances good-sized bits of broiled mushrooms and sweetbreads are used instead of the fish.

These savoury cocktails should be properly served in cocktail glasses, which are in turn imbedded in cracked ice—soup plates or the new glass oyster plates being used for the service. If the cocktail is mixed with the sauce in the glass, a bit of parsley may top it, or pieces of green may be placed, wreath fashion, around the cocktails. If you do not possess cocktail glasses, hollowed-out green peppers or tomatoes may be used, or the cocktail sauce with the savoury ingredient may be thoroughly chilled and served in ordinary small cocktail glasses. In this case the green is placed at the base.

General Recipe for Cocktail Sauce

(Individual service)

½ tablespoonful tomato catsup or chili sauce
½ tablespoonful lemon juice
2 drops tabasco sauce
¼ teaspoonful celery salt
3 drops Worcestershire sauce

Combine the ingredients in the order given, mixing them well. If desired, a half teaspoonful of olive oil may be added.

Variations of Cocktail Sauce:

If desired any one of the following ingredients may be added to vary the cocktail sauce: 1 tablespoonful horseradish, 1 tablespoonful minced celery; 1 tablespoonful minced pimientoes, 1 tablespoonful minced green peppers, 1 tablespoonful chow-chow, two tablespoonfuls shredded grapefruit.

Oyster Cocktail

Allow six raw oysters to each person; combine with the cocktail sauce and serve as directed.

Lobster, Shrimp, or Crabmeat Cocktail

Allow to each person one-third cupful of diced lobster meat, diced cooked or canned shrimps, or shredded crabmeat; combine with cocktail sauce and serve as directed.

Clam Cocktail

Allow six Little Neck clams to each person; combine with cocktail sauce and serve as directed.

Sea-Food Cocktail

Allow two raw oysters, two scallops, and two Little Neck clams to each person; combine with a cocktail sauce and serve as directed.

Frozen Fish Cocktails

Any of the fish cocktails given in this book may be frozen. If oysters, scallops, or clams are used, they should be cut in small pieces. Lobster, shrimps, or crabmeat should be flaked or diced. The fish should then be mixed with the cocktail sauce, placed in a tightly closed container, and buried in equal parts of crushed ice and rock salt—two hours for a pint, four hours for a quart. It should be served in cocktail glasses with a garnish of green and ripe or stuffed olives.

If an electrically chilled refrigerator is used for the freezing, four hours should be allowed for a pint of mixture, six hours for a quart.

Oysters and Clams on the Half Shell

Oysters or clams on the half shell are properly served at dinners. The service is very simple, the fish in the deep part of the shell being placed upon a bed of crushed ice in a soup plate or glass plate which comes for the purpose. In the centre is usually placed a rather thick slice of lemon, or $\frac{1}{4}$ of a lemon; between the shells are placed tiny sprigs of watercress or parsley; horseradish, tabasco, Worcestershire sauce, or cocktail sauce is usually passed.

FRUIT AS AN APPETIZER

Fruit, in different forms, is used at the beginning of a meal. At breakfast it is the only formal appetizer that is ever used. In this case it is invariably served plain or uncombined, oranges whole, or cut in halves to be eaten with the spoon, grapefruit, small berries of different types, and chilled melon of any sort being appropriate, while all whole fruits of the smaller types, such as apples, pears, peaches, plums, and grapes are used. Fruit juices are also served as breakfast appetizers, as well as at luncheon or dinner.

For appetizers at luncheon, supper, or dinner, and sometimes at formal breakfasts, combinations of fruit may be used. These are known as fruit cocktails. Grapefruit garnished with maraschino cherries, seeded Tokay grapes, or bunches of red currants, are also used, as are halves of cantaloupes, not too large, sections of Casaba melon, or small portions of watermelon. Strawberries or sections of pineapple au naturel are served in the same way, but small fruits, as raspberries, cherries, and so on, are never used as appetizers at these meals unless they are combined with other fruits into cocktails.

Fruit Juice Appetizers

These are usually served in small glasses set, in turn, in crushed ice, and are generally garnished with flowers or bits of green. They include

1. Plain orange juice
2. Equal parts of orange and grape juice
3. Strawberry and lemon juice—one cupful of strawberry, one teaspoonful of lemon juice, and sugar if desired
4. Equal parts of canned pineapple and stewed rhubarb juice; sugar if desired
5. Slightly sweetened grapefruit juice

Frozen Fruit Juice Appetizers

A very new and delicious way to serve fruit juice is in actual frozen form. To do this, slightly sweeten the juice, place it in a container and bury it in equal parts of crushed ice and rock salt—for a quart of juice, four hours. (For further

freezing directions, see section on Frozen Desserts.) If an electrically chilled refrigerator is being used for the chilling process, allow eight hours. Any kind of fruit juice may be frozen in this way. Raspberry shrub, currant shrub, loganberry juice, Swedish raspberry juice and apple juice, with or without mint, are especially delicious. The juice should be strong, as freezing always decreases flavour. Such juices have a frappé, crystalline-like appearance, and may be used at breakfast, luncheon, or dinner as the first course, no matter how formal the meal may be.

Frozen Cantaloupe Pulp

The pulp from ripe cantaloupe may be scooped out and frozen as described above.

Frozen Watermelon Pulp

Watermelon pulp may be scooped out and frozen as described for cantaloupe pulp, or it may be mixed with equal parts of cantaloupe and frozen.

SERVING WHOLE FRUIT

Fruit to be served plain, as apples, peaches, pears, plums, grapes, and so on, should always be washed, then drained so that it is perfectly dry. It should not be served cold, but merely cooled, as extreme chilling removes the flavour. When serving individually, place on small fruit plates covered by paper doilies; or leaves of green may be put beneath.

To Serve Cherries

Cherries are often served on the stem and are usually placed upon doily-covered plates. A spoon must accompany the service to take care of the stones. In some hotels cherries are stemmed and served in clear glasses, containing crushed ice and ice water.

Grapefruit—To Be Eaten with a Spoon

After washing, cut the grapefruit in halves, crosswise, with a sharp knife, or with a curved grapefruit knife; loosen the pulp about the edges. With the scissors or a sharp knife cut out the centre cellulose and the membranes con-

necting the sections. If to be used as a breakfast appetizer do not add any sugar; but if to be served as an appetizer at luncheon or dinner, put a teaspoonful of sugar in the centre of each grapefruit and let it stand for two or three hours in a cold place. If an elaborate effect is desired the grapefruit may be scalloped or notched about the edges and may be heaped in the centre with any small, stoned, bright-coloured fruit. A pointed fruit spoon should be provided for the service. The grapefruit itself may be served in a grapefruit dish, which consists of a glass container, set in a small holder, or it may be served on paper-doily covered plates.

Oranges—To Be Eaten with a Spoon

Wash the oranges; cut them in halves, crosswise, and loosen the pulp around the edges with a sharp knife. Unless Florida oranges are used, which contain seeds and considerable membrane, it is not necessary to prepare them further. If the Florida oranges are used, a little sugar or some bits of small fruit of a contrasting colour may be placed in the centres to cover the places formerly occupied by the cellulose. Serve cold, but not chilled, on paper-doily covered plates, with pointed fruit spoons for the service. For breakfast a whole orange is often served, but for the luncheon or dinner appetizer, half of a good-sized orange is sufficient.

To Prepare Cantaloupe

Wash the cantaloupe. If very small, cut it in halves, crosswise; remove the seeds and serve chilled, but never with ice in the centre. The guests, if they desire it, may add a little sugar, salt, or nutmeg. If the cantaloupe is large, it should be cut in quarters or one-sixth lengths. Cantaloupe should be served on paper-doily covered plates.

To Serve Casaba Melons

Follow the directions given in the preceding recipe for serving large cantaloupes.

To Serve Berries or Other Fruit Au Naturel

Strawberries and pineapple, as well as sections of orange, may be served au naturel. Wash the strawberries and let them drain thoroughly, but do not remove the hulls.

If pineapple is used the small pointed-end sections of the fruit should be chosen, the pineapple peel being left on.

If oranges are used, the oranges are peeled, then separated into sections.

From six to eight pieces of fruit are allowed to each person. These are arranged symmetrically near the flange of a fruit plate, a mound of sifted powdered sugar being placed in the centre of each plate. The easiest way to make these is to pack small after-dinner coffee cups or timbale moulds firmly with sugar, then tip it out on the plate, just as one tipped out sand cakes when one was a child. These fruits are eaten with the fingers.

To Serve Watermelon

The melon should be thoroughly chilled, and may be served in quarter slices, cut about three inches thick, the rind being removed and saved for pickling, or the melon may be served in large rounds or cones which are easily made by the use of a round or conical ice-cream scoop; in lieu of the ice-cream scoop, a good-sized cooking spoon may be thrust into the melon and rotated to obtain a nearly round shape. In either case, the odds and ends of melon left may be used up in fruit salad, fruit cup, or as frozen watermelon.

FRUIT COCKTAILS

There is a subtle distinction between a fruit cocktail and a fruit cup, the cocktail being essentially an appetizer, the fruit cup being often served as a dessert. Obviously, then, the cocktail is usually less sweet, smaller in quantity, and more simple than the fruit cup. One of the essentials of a successful fruit cocktail is that at least one of the fruits used in making it is fresh and rather firm in character. This precaution makes possible the use in the fruit cocktail of certain canned fruits of distinctive flavour.

The best method of sweetening a fruit cocktail is by using a simple sugar syrup (see section on Beverages), but in case this is not at hand, the fruits may be combined in a preserve jar, the right amount of sugar added, together with a little water to start the juice, and the whole covered and set next the ice to chill for a few hours.

It is essential to have a fruit cocktail somewhat tart, so lemon juice is nearly always added. The amount to be served per person is at most not more than two tablespoonfuls. Stem cocktail glasses are chosen for the service, and the fruit is eaten by means of a teaspoon or pointed fruit spoon. The exact way in which a fruit cocktail is made up often depends upon the odds and ends of fruit to be found in the pantry or icebox, almost any combination containing one or more fresh fruits and the lemon juice being permissible. If the fruits themselves seem to lack character, interest may be added by the use of a canned fruit juice instead of syrup or water, as grape juice, currant juice, strawberry juice, or raspberry juice (see section on Canned Fruit Juices).

Suitable Combinations for Fruit Cocktails

1. Equal parts of fresh or canned pineapple, small whole or halved large strawberries, sugar or syrup to taste, and a little lemon juice.

2. Equal parts of diced canned pineapple, cubed watermelon, balls of cantaloupe made with a French potato cutter, a little sugar syrup, and lemon juice.

3. Two parts of blackberries, one part of orange pulp, sugar syrup, or sugar to taste, and a little lemon juice.

4. Equal parts of stoned cherries, sliced peaches and diced pears with a little sugar syrup and lemon juice.

5. Equal parts of grapefruit pulp, orange pulp, and halved Malaga or Tokay grapes with sugar or simple syrup to taste.

6. Equal parts of red raspberries, sliced peaches, and diced apple or pear, with sugar syrup and a hint of lemon juice.

7. Equal parts of diced canned or fresh pineapple, sliced bananas or banana balls fashioned with a potato cutter, and strawberries or oranges with sugar syrup and a hint of lemon juice.

In case fresh fruits are not obtainable, canned fruit may be used in any one of the preceding combinations.

CHAPTER X

SOUPS

(All measurements are level)

THE soup is one of our most valuable types of food. Up to within a few years it has been considered an accessory—something with little or no food value, to be used either as an adjunct to an elaborate meal or when there was nothing else in the house.

To be sure, the familiar clear soup, as consommé or bouillon, contains very little that is nutritive, acting rather as a stimulant to the gastric juices, but these clear soups represent only a very small proportion of the many kinds that can be made, which depend very largely for their nutriment upon the materials added. For instance, a clear soup—to which a little of the soup meat and some vegetables have been added, which is served with toasted squares of bread or with plain or potato dumplings, becomes a balanced meal in itself, needing only the addition of a little fruit to round it out. A milk soup made with a base of canned or fresh peas or potato, in which a little of the bulky vegetable is left, becomes the main dish for luncheon or supper.

A soup made of one of the legumes, that is dried peas, beans, or lentils, either with or without a stock base, is really a meat substitute. In other words, soups can be made to fulfill any desired purpose in the planning of a meal. The general classification is as follows:

(a) *Soups Made with Stock*
1. Clear Meat or Fish Soups
   Consommé
   Bouillons
   Broths
2. Clear Vegetable Soups
   Vegetable Broths
   Vegetable Bouillons

(b) *Reinforced Stock Soups*
(c) *Thickened Soups Made without Stock*
(d) *Milk Soups*
Cream Soups
Chowders
Bisques
Purées
(e) *Leguminous Soups*
(f) *Jellied Soups*

Soups Made with Stock

Stock has been well defined as a solution, in water, of the nutritive and sapid elements contained in meat and bones, with certain seasonings added, together with the flavour of vegetables.

It is obvious, then, that in order to secure such a solution, certain precautions must be observed during the preparation and cooking of the component ingredients.

In the first place, any nutriment contained in the bones is on the inside, not on the outside, so it is necessary that these shall be chopped into as small pieces as possible, so that the juices may be drawn out into the water. When fresh bones are purchased, the butcher can usually be persuaded to do the chopping, but such bones as are added at home must also be broken small; this means that the cook must be provided with a small but efficient chopper or hatchet for the work. While on the subject of bones, take care that when meat is bought and the bones removed, as in the instance of a rolled roast, the bones are sent home as well as the meat: they may be used in the stock pot.

The meat used for stock should be cut into very small pieces so that it, also, can readily yield its juices. Shin or round are good portions to buy, as they are practically free from fat, and it should be laid down as a definite and stringent law that no particle of fat must be on the soup when it is served. Therefore, remove all fat from the meat before putting it into the stock pot.

A "bouquet" of herbs can always be added, consisting of one or two sprays of parsley, a little thyme, and a bay leaf. Tie these together so that they may readily be removed from the stock after cooking. If fresh herbs cannot be easily obtained, use dried herbs, enclosing them in a little muslin

bag. Celery seed can be used as a substitute for fresh celery, or the cook can draw from her stock of dried celery leaves which she has carefully crisped when she had an over-supply, and has then stored away in a bottle or jar.

If vegetables are to be used, they should be thoroughly scrubbed, then cut up with the skins left on. In this way, most of the minerals will be preserved.

Soup Foundations

The most general type of foundation for a soup is stock. The usual thought when stock is mentioned is that of meat stock; as a matter of fact, there are other soup stocks which can be made, such as vegetable soup stock and fish soup stock.

The two types of meat stock in most general use are commonly known as white stock and brown stock. However, there are two other kinds which may be used in the making of soups calling for its use: first, stock made from day to day or three times a week in the stock pot, from odds and ends of bone, meat, and vegetable, which accumulate from time to time in any household of considerable size; and second, quick stock, which is made by the addition of a good grade of meat extract, bouillon cubes, or vegetable extract to a given amount of boiling water.

During the cold months, in a good-sized family, it pays to operate a stock pot. During the warm weather it is far better to use a quick stock, or canned bouillon, or clear soup, as a basis for not only hot soups calling for stock, but for jellied soups, aspic jelly, and the various foods served during the warm months, which can be made by the addition of stock, then jellied.

Stock Making

All kinds of meat, except pork, either singly or in combination, may be used in the making of soup stock. Although pork is excepted, the liquor left after ham is boiled is well adapted to certain types of soup, but it cannot be considered soup stock.

The kind of meat selected depends upon the type that is to be made—brown stock, for instance, naturally calling for darker meats, such as beef and mutton; white stock calling for the lighter kinds of meat, as chicken or veal.

Vegetables and seasonings are usually added when it is made, but in case it is to be jellied and kept for some time in covered jars in a cold place, it is advisable to make the plain stock, clearing it as directed later on, and cooking the desired vegetables to add when the time comes to use it. Jellied stock made in this way, sealed with a layer of fat at the top and covered closely, may be kept as long as ten days in an icebox or in cold weather.

Selecting Meats for Soup Stock

Inexpensive cuts of meat are best for stock making, because they have more flavour and really contain more nourishment —the shin of beef or a piece of the neck, for instance, giving excellent results; while with mutton or lamb one would choose a piece of the neck or shoulder or the flank. If chicken is being used, choose fowl; while with veal, either the shin or shank may be chosen.

The Stock Pot

One of the underlying principles regarding the making of successful stock is that of retaining all the flavour. This can only be done by having the stock pot very closely covered. One- or two-gallon stock pots of aluminum or granite ware are excellent for the purpose. The large pot of the fireless cooker is particularly good as the cover clamps on tight. However, a large saucepan or kettle may be used if the cover really fits, or it can be weighted on if necessary.

Starting the Soup Stock

Place the bones at the bottom of the pan. They will prevent too intense heat striking the meat at first and closing the pores, which would make it more difficult to extract the nutriment. Scrub and scrape the carrot. Do not remove the skin, as the best part lies near the surface. Slice the onion and scrub the celery; cut all the vegetables into small pieces, using, for a pound of meat and two pounds of bone, about three cupfuls of prepared vegetables. Lay the vegetables over the bones, then add the meat cut as small as possible; put in the herbs and add four quarts of cold water. It is well, when time will permit, to let these stand together for an hour before putting the stock on to cook, but, if

necessary, commence the cooking at once, at a very gentle heat.

Cooking and Caring for the Soup Stock

Do not let the stock boil furiously at any time. It should only just bubble and the pan should be kept covered except when skimming. This skimming removes any waste matter which otherwise would be reabsorbed and would tend to make the stock cloudy. If the cooking is all to be done over the open fire, it should continue fully four hours, while if the fireless cooker is used, six to eight hours' cooking will not be too much. As soon as done, however, strain the stock through cheesecloth or through a very fine strainer to keep back the vegetables, meat, and bones. Do not cover the stock except with a piece of cheesecloth; if covered it will not keep well. When cold, remove the cake of fat which will be found on the top. This can be clarified later and used for the frying of vegetables for stews.

Utilizing the Soup Meat

Many have felt that the meat left from the making of soup stock or broth was not only tasteless, but that it had lost all of its nutritive value. As a matter of fact, it has lost nothing except the flavour or extractives and part of the minerals and moisture. If the meat is properly seasoned, mixed with some vegetables, or a salad dressing, or something of that nature, it may be used.

Dishes that can be made of left-over beef, for instance, are Hungarian goulash, hash, meat cakes, meat loaf, croquettes, escalloped meat with tomatoes, etc. The same type of recipes may be used for mutton or lamb, while the chicken or veal left from stock making may be used creamed in timbales, as chicken or veal à la king, chicken or veal salad, croquettes, chicken or veal and rice casserole, or salad sandwiches.

The Stock Pot

Although the stock made from odds and ends of foods is not as flavourful as that made entirely from new materials, it is really a great economy and makes possible soup stock which can be used as needed from time to time. Occasion-

ally, it may seem advisable to reinforce this with a little meat or vegetable extract, or a bouillon cube or two, before using. It is really an adaptation of the French *pot-au-feu.*

The stock pot itself should be of the type described. To start it, purchase a pound of round or flank beef and two or three pounds of bone which has been cracked. To this add any odds and ends of meat and bone which you may have. Cut the meat in small pieces, brown it, add the bone and from two to three quarts of cold water, according to the amount of meat and bone that is to be used—the general proportion being a pound of meat and bone to a quart of water. Simmer all gently together for two hours, then add any left-over vegetables—any sort may be used except potatoes and creamed vegetables—add some celery tips, a few lettuce leaves—anything which may be left over of the green variety—together with seasonings as judgment may dictate; a teaspoonful of mixed pickle spice is sufficient for three quarts of stock, for instance, or a half teaspoonful of celery seed, a teaspoonful of peppercorns, a bit of bay leaf, or a few grains of mace.

Strain off the stock, discarding the meat and bone; and finish by clarifying, in case a particularly clear result is desired. Stock made in this way may act as a foundation for any thickened soup calling for meat stock, as well as for gravies, sauces, and so on.

Stock should be made in this way every other day, care being taken not to use any left-over that is spoiled. If desired, the stock from the previous boiling may be used as part of the liquid in the pot, but the two stocks should never be combined when one is cold and the other is hot.

The water from boiled rice, potatoes, macaroni, or that saved from the boiling of various vegetables may be used, as this means added minerals and other nutritive qualities.

Clearing the Soup Stock

To clear soup stock, place it in a saucepan and add one egg white and shell for each quart of soup to be cleared. Beat the egg white and crush the shell before adding. Place the saucepan over the heat and stir and boil for three minutes; then reduce the heat and simmer for fifteen minutes. Strain through several thicknesses of cheesecloth.

White Soup Stock

1 5-pound fowl or 5 pounds knuckle or shank of veal
¼ cupful fresh or dried celery leaves or
½ teaspoonful celery seed
¼ cupful sliced onion
4 quarts cold water
½ teaspoonful mixed pickle spice
1 tablespoonful salt

If the veal is used, cut the meat in small pieces; then crack the bone. If the fowl is selected, be sure that it is well singed, that the pin feathers are drawn out, and that the bird has been thoroughly cleaned; then cut it up as for fricassee. Combine the meat and water, bring slowly to boiling point, then season and finish as described in the preceding recipe.

Brown Soup Stock

6 pounds beef
4½ quarts cold water
1½ teaspoonfuls mixed pickle spice
½ teaspoonful celery seed or ¼ cupful fresh or dried celery leaves
½ cupful each diced carrot and onion
1 tablespoonful salt

Crack the bones, cut the meat from the bone, and brown it in a little beef suet, drippings, or vegetable fat. Add the bone, together with the cold water, cover and bring slowly to boiling point. Simmer gently for four hours, skimming about every thirty minutes, then add the remaining ingredients and simmer for an hour longer. Strain, cool, remove the fat, and clarify the stock.

Brown Vegetable Soup Stock

1½ cupfuls pinto or kidney beans
¾ teaspoonful celery seed
⅓ cupful sliced onion
1 cupful diced potato
1 sprig parsley
1 small bay leaf
1 teaspoonful pickle spice
3½ teaspoonfuls salt
8 cupfuls cold water

Wash the beans, add the vegetables and spices together with the cold water, and simmer the stock for an hour and a half, counting the time from the period when the stock reaches boiling point. Do not stir the stock, as this will make it cloudy. Strain it without mashing the vegetables and use in any recipe calling for brown meat stock.

After straining, the beans and other vegetables may be cooked a little longer and used for luncheon. In this case,

the spices should be tied in a bit of cheesecloth so they may be easily removed.

White Vegetable Soup Stock

Substitute lima beans for the pinto or kidney beans in the preceding recipe and finish as directed.

Fish Stock

3 pounds white-fleshed fish, including the skin and bones
1½ quarts cold water
1 tablespoonful minced onion
1¾ teaspoonfuls salt
¼ teaspoonful pepper
½ teaspoonful celery seed or 1½ teaspoonfuls celery salt
⅓ cupful minced carrot

Cut the fish in pieces, reserving the bones and skin. Combine all of the ingredients and simmer gently until the fish is perfectly tender and all the flavour has been extracted from the bones—for about an hour. Strain and use as desired. This stock may be clarified.

If a whole fish is bought, the head—cleaned—may be added, as it is rich in gelatine.

If a brown stock is desired the vegetables may be browned in two tablespoonfuls of butter before the remaining ingredients are put in.

CLEAR SOUPS AND BOUILLONS

There is very little distinction to be made between a true consommé and bouillon—the clear consommé, or consommé made entirely with beef, or white stock made with chicken, being suitable to serve whenever a bouillon is desired, unless one wishes to have a meatless or clam bouillon. When used in this way, the bouillon should be served in bouillon cups. It is not customary to have bouillon at dinner, it being served rather at luncheon, afternoon teas, receptions, or late evening suppers.

When consommé is served, or when other clear soups depending upon brown soup stock or white soup stock are to appear, they are usually accompanied by a garnish which gives the name to the soup. Some of these names, most of which are French, are familiar, but the majority of them are not. These reinforced soups may be used at either luncheon

or dinner, but are never served at receptions, teas, or for suppers. Such clear soups, whatever the type of service, are generally accompanied by a small amount of starchy food, such as crisped crackers, pulled bread, patti bread, bread sticks, or toasted or fried croutons. If to appear at luncheon, bouillon cups should be used for the service, but at dinner, soup plates—filled not more than three fourths—are correct.

Chicken Consommé

1 old fowl
1 large onion
1 cupful diced celery
3 cloves
1 carrot
3 quarts cold water
2 teaspoonfuls salt
¼ teaspoonful pepper

Clean and cut the fowl into small pieces, place it in a large saucepan with the vegetables, cloves, and the cold water, bring very slowly to boiling point, skim, and simmer for three hours. Strain, season with the salt and pepper, and remove every particle of fat from the top of the consommé before serving.

Even though there may not be a great deal of flavour left in the chicken from which the consommé was made, it may be picked from the bones, well seasoned, passed through the food chopper, slightly stiffened with gelatine, moulded, and sliced for sandwiches.

Plain Consommé

See recipe for brown soup stock. This may be made with one third beef, one third mutton, and one third veal if desired. It should be cleared.

Consommé Julienne

To a quart of consommé add a fourth cupful each of cooked peas, shredded string beans, and strips of carrots, cut in inch lengths, like matches.

Consommé with Asparagus Tips and Croutons

To each serving of consommé allow three or four asparagus tips and a tablespoonful of toasted or fried diced croutons.

Consommé Indienne

To each serving of consommé allow a tablespoonful of equal parts of diced French artichoke bottoms and eggplant, a

heaping teaspoonful of boiled rice, a few strips of the white meat of chicken, and a suspicion of curry.

Consommé Patti

To each serving of consommé allow a heaping teaspoonful of boiled rice, a teaspoonful of cooked peas, a teaspoonful of diced cooked chicken, and a teaspoonful of mushrooms cut in dice and steamed until tender. Serve with an accompaniment of grated Parmesan or American cheese.

Consommé with Lettuce or Parsley Garnish

Garnish each serving of consommé with a handful of finely shredded lettuce leaves or finely minced parsley.

Consommé à la Claremont

Garnish each serving of consommé with two or three pieces of diced Royal Custard and two or three rings of crisply fried onion.

Essence of Celery

To five cupfuls of white stock add a cupful of chopped celery tops and a few grains of sugar. Simmer, covered, for thirty minutes, then strain through cheesecloth.

Essence of Tomato

To a quart of white or brown soup stock add a cupful and a half of the juice from canned tomatoes and a few grains of sugar. Bring to boiling point, add a little more salt and pepper, if necessary, and strain through cheesecloth.

Essence of Onion

To five cupfuls of white stock or fish stock add a cupful of sliced onions, bring to boiling point and simmer for thirty minutes; then strain. If to be served as in France, add a half pint of cream or top milk.

Clear Tomato Soup

1 quart canned or fresh sliced tomatoes
1 pint cold water
½ teaspoonful pickle spice
1 tablespoonful minced onion
1 tablespoonful minced parsley
½ teaspoonful celery seed
½ teaspoonful salt
2 teaspoonfuls sugar
Sliced orange or lemon

Combine all the ingredients, except the orange or lemon, simmer gently for fifteen minutes, strain through a fine sieve, and serve with a thin slice of orange or lemon in each portion. If desired, a bit of the grated orange or lemon rind may be added to the vegetables while they are simmering.

Chicken Bouillon with Tapioca

5 cupfuls well-seasoned chicken broth
6 tablespoonfuls quick cooking tapioca
½ tablespoonful lemon juice (optional)

The broth should be absolutely free from fat; bring it to boiling point, stir in the tapioca, and cook gently until it begins to thicken. Then cook over hot water until the tapioca is clear, add additional seasoning if necessary, cool slightly, stir in the lemon juice, and serve in bouillon cups with or without a garnish of whipped cream seasoned with celery salt. Dust a few grains of paprika over the cream if it is used to garnish the bouillon.

Quick Tomato Bouillon

5 cupfuls boiling water
3 teaspoonfuls vegetable or meat extract or 3 bouillon cubes
⅔ cupful chili sauce or ½ can tomato soup

Put the extract, or bouillon cubes, whichever is used, into a saucepan; add the boiling water and simmer just long enough to dissolve. Add the sauce or soup, and bring again to boiling point, then strain through a fine sieve.

Beet Bouillon (Meatless)

6 new beets
2 onions (¼ cupful sliced)
1 sprig parsley
Salt, pepper, and mace to taste
1 small potato (diced)

Wash and peel the beets and cut them in pieces; add the potato, washed, scrubbed, and diced, but not peeled, the parsley, and the onions washed and sliced with the skins on. Add two quarts of cold water, bring to boiling point, and simmer till the vegetables are tender—about two hours—replenishing the water to keep it a little more than a quart. Then strain and season to taste.

Clam Bouillon

½ peck clams
3 cupfuls cold water
Dash of pepper
2 tablespoonfuls butter
Whipped cream (optional)

Brush and scrub the clams; then put them into a large shallow vessel and sprinkle cornmeal over them. Let them stand for one hour—they will open their shells to get the cornmeal and in doing so will spit out the sand. Rinse the clams, place in a saucepan with the water, bring slowly to boiling point and cook closely covered until the shells are wide open. Strain, add the pepper and butter, and put a teaspoonful of whipped cream on top of each cupful of the bouillon, if desired.

The clams may be minced, seasoned, and served on toast, or creamed or curried.

JELLIED OR ICED SOUPS

Jellied or iced soups may be used as the first course at a warm-weather luncheon, dinner, supper, or high tea. They must of necessity be made of a clear foundation, such as well-seasoned veal stock, chicken stock, soup essence, consommé, or meat or vegetable bouillon, and are solidified either by means of gelatine or tapioca.

General Recipe for Jellied Soups (Consommé, Bouillon, Chicken Soup, etc.)

Any clear soup recipe may be used as the basis; to solidify it, allow one tablespoonful of granulated gelatine or two tablespoonfuls of tapioca (soaked for an hour) to a pint of boiling soup stock. If the latter is used cook until clear. Barely cover the gelatine with cold water and after five minutes stir it into the soup stock. When dissolved, pour into a dripping pan, which has been lightly rubbed with salad oil, and let stand until solidified. Cut in cubes for serving, piling them in bouillon cups. If desired, the jellied soup may be poured directly into the bouillon cups, then allowed to congeal.

Jellied Beet Bouillon

4 medium-sized beets
5 cupfuls soup stock
¼ cupful chopped celery leaves
1 small bay leaf
1½ teaspoonfuls salt
Few grains cayenne pepper
2½ tablespoonfuls granulated gelatine
Whipped cream (optional)

Steam the beets until tender, peel and mash fine or rub through a sieve. Add to the stock and seasonings and simmer thirty minutes. Strain through cheesecloth, add the gelatine—softened for five minutes in cold water to cover—and finish as in the general recipe.

Jellied Celery Bouillon

3 cupfuls chopped celery, tips and outer stalks
5 cupfuls cold water
1 teaspoonful pickle spice
1 sprig parsley
½ medium-sized onion, sliced
Salt and pepper to taste
2 tablespoonfuls gelatine
1 tablespoonful lemon juice

Combine the celery, tips, water, parsley, onion, and pickle spice and simmer for an hour, when there should be left, after straining, a quart of celery stock. Season this to taste with salt and pepper and stir in the gelatine, which has been allowed to stand for five minutes in cold water to cover. When slightly cooled, add the lemon juice, then pour into a pan, which has been rinsed with cold water, making the bouillon about an inch deep. Chill and cut in cubes for serving. If desired, a cupful of chopped tender celery and half of a very finely minced green pepper may be added to the mixture just before it begins to congeal. Serve in bouillon cups with or without whipped cream.

If desired, a half cupful of cream, whipped stiff, may be stirred into the bouillon just before it begins to congeal. This should not be done throughout the mixture, but so that the bouillon will be streaked with cream.

Jellied Cucumber Bouillon

Observe the proportions and directions given in the preceding recipe, substituting chopped cucumber pulp for the celery.

Jellied Tomato Cream Bouillon

Prepare tomato aspic, pour it into a bowl or pan, and when it has begun to congeal add three-fourths cupful of whipped cream, dragging it through the aspic so that it will be streaked in rather than blended.

BROTHS

As a matter of fact, there is very little difference between a well-made strong soup stock and a broth, with this exception —beef broth is rarely ever clarified; chicken broth is not usually clarified, but if well made it is practically clear in itself. The essential difference is this—most people do not make soup stock that is strong or concentrated, as a broth should be, for a broth is generally used in the diet for children up to three years old, or as a stimulant and sustainer for an individual who is either very sick or convalescing.

Broths are usually made without any vegetables. They should be seasoned merely with salt (in this they differ from soup stock), and are only reinforced with rice, tapioca, barley, or vegetables when it is advisable to increase their nutriment.

For suggestions regarding the various broths, see the section on Feeding the Sick.

Standard Recipe for Chicken, Veal, Beef, or Mutton Broth

To each pound of meat, cut in small pieces—the small amount of bone being crushed—use a pint of cold water, combining the two in a good-sized fruit jar, or in the top of a double boiler. Cover closely, set in a pan of hot water if the jar is used, or over hot water if the double boiler is used, and cook for about four hours; then add the salt. If the meat is allowed to stand in the water for thirty minutes before the cooking is started, more flavour will be extracted.

If it is desirable to use the meat afterward in some way, the crushed bone should not be mixed directly with it, but rather tied in a piece of cheesecloth so that it can be easily removed. If the time of cooking broth is to be hastened, it may be simmered over direct heat for two hours, sufficient water being added at the end of that time to secure a pint of liquid from each pound of meat. The fat should be allowed to rise to

the top and be removed when the broth is cold, as in making plain soup stock. If any globules of fat still float about, they may be removed with a piece of clean white blotting paper, or by running a bit of ice—tied in a thin cloth—over the surface of the soup while it is still warm; this causes the fat to harden so that it can be easily removed.

REINFORCED STOCK SOUPS

Soups of this nature, which are reinforced with vegetables, cereals, and often with eggs or cooked legumes, become decidedly substantial in character and should be used only for luncheon or supper when the remainder of the meal is rather light, or to help to balance a dinner which is either meatless or which depends for its main dish upon a meat substitute or a light meat dish, such as hash or creamed chicken combined with rice.

The accompaniments are the same as for consommé or bouillon with this exception—if the soup is acting as the main dish at luncheon or supper it may be accompanied by plenty of hot, buttered entire-wheat bread or white-bread toast, or small entire-wheat or white-flour baking-powder biscuits. Swedish bread or Scotch oatcakes are also delicious if toasted and served with soup. Any of the breads made of whole grains will help to substantialize the meal.

If stock or consommé is not at hand, excellent results can be obtained from bouillon cubes or meat or vegetable extracts, with the requisite amount of water in place of the stock.

Petite Marmite

To one quart of brown stock or consommé, heated in individual marmites or little earthen pots, add a cupful of cooked sliced carrots, thinly sliced turnips, or diced string beans. On the top of each marmite place a square of hot buttered toast, set in the oven for a moment or two, and serve very hot.

Petite Marmite with Onions

Prepare the marmites as directed, omitting the vegetables designated, substituting a cupful of onions fried in butter, then drained on crumpled paper to remove the excess fat. Finish as directed, covering the toast with grated cheese before putting it in the oven.

Petite Marmite with Chicken

Follow the directions for Petite Marmite, substituting three-fourths cupful of shredded cooked chicken for the vegetables.

Chicken Lemon Soup

5 cupfuls white soup stock
½ cupful top milk or undiluted evaporated milk
3 egg yolks
Few grains each salt, pepper, and nutmeg
2 tablespoonfuls lemon juice
Croutons
Forcemeat balls

Prepare the forcemeat balls according to the recipe given in the section on Soup Garnishes and heat them in the stock; then add the egg yolks, beaten and mixed with the top milk and seasonings. Bring to boiling point, stirring constantly, add the lemon juice, and serve with a further garnish of the croutons.

Crécy Soup

3 pints soup stock
1 cupful minced carrots
1½ tablespoonfuls rice
1 tablespoonful flour
2 tablespoonfuls minced onion
Few grains ground cloves
⅔ teaspoonful salt
⅙ teaspoonful pepper or paprika
1 tablespoonful butter

Mince the carrots and onion or pass them both through the fine knife of the food chopper, then add them to the stock and bring slowly to boiling point. Shake in the rice and simmer until the vegetables and rice are tender—about one-half hour—then put in the seasonings and thicken by rubbing the butter and flour smoothly together. Add a little of the hot stock, then return all to the saucepan and cook for five minutes. A little finely minced parsley sprinkled over the top of the soup just as it is served greatly improves the appearance.

Soup à la Mongolèse

5 bouillon cubes
4 cupfuls boiling water or 1 quart brown soup stock
2 cupfuls tomato juice
2 tablespoonfuls shredded onion
¼ cupful shredded carrot
2 tablespoonfuls shredded turnip
¼ cupful cooked cauliflower
2 tablespoonfuls peas
2 tablespoonfuls string beans
½ cupful cooked spaghetti
Salt and pepper to taste
Grated American or Parmesan cheese

Combine the stock and tomato juice, or the water and bouillon cubes, if they are used. In the meantime, the vegetables should have been cooked in a small amount of water and added, liquid and all, to the soup together with the spaghetti, and the whole seasoned to taste. Sprinkle a teaspoonful of the cheese over each serving.

Venetian Soup

2 tablespoonfuls bacon or other drippings
1 medium-sized onion, minced
1 quart meat stock
1 pint canned tomatoes
1 cupful cooked lima beans
1 cupful left-over rice
½ cupful each chopped cooked carrots and cabbage
1½ teaspoonfuls salt
¼ teaspoonful pepper

Melt the bacon or other drippings and cook the onion in it until it begins to turn colour. Add the stock, the canned tomatoes and rice and simmer for twenty minutes. Then add the carrot and cabbage and the beans. Season with the salt and pepper and serve with or without an accompaniment of grated Parmesan cheese.

Italian Turnip Soup

2 cupfuls diced turnips
2 tablespoonfuls butter or a substitute
1 tablespoonful sugar
1 tablespoonful minced parsley
2 tablespoonfuls flour
2 cupfuls canned tomato juice
1 bay leaf
1½ teaspoonfuls salt
1⅛ teaspoonfuls pepper
3 cupfuls vegetable or meat stock
Grated American or Parmesan cheese

Melt the butter in a small soup kettle, add the turnips, sugar, and parsley. Toss together for two or three minutes, add the flour, and then, gradually, the tomato juice and the seasonings. Simmer till the turnips are almost tender, then add the stock. Let cook for fifteen minutes longer and serve with the cheese.

Everyday Vermicelli Soup

What is known as "second stock"—that is, stock which has had its second boiling and is not quite as strong and rich as one would wish—is good for Vermicelli Soup because of the additional food value given by this paste. Perhaps the stock has been made just from trimmings and fragments without very much meat, or it may be that no stock is at hand, in

which event the soup may be made by cooking a thinly sliced onion in a little fat, adding perhaps a celery stalk, a little left-over carrot, or other vegetables which may be available, six cupfuls of water, and two teaspoonfuls of meat or vegetable extract. After the flavouring is drawn from the vegetables, strain the soup, add two-thirds cupful of vermicelli broken into small pieces, season with salt and paprika and, if convenient, sprinkle in a little minced parsley just before serving.

Spring Vegetable Soup

3 pints soup stock
⅓ cupful carrot
⅓ cupful turnip
⅓ cupful string beans
2 tablespoonfuls onion
½ cupful canned or fresh peas

Cut all the vegetables except the peas into thin matchlike strips and cook them with the peas in boiling salted water to cover, adding just enough extra water during the cooking to keep the vegetables covered. When tender, add them—liquid and all—to the stock, heat to boiling point, season with one-fourth teaspoonful paprika and additional salt, if required, and serve with crisp croutons.

Mushroom Soup

2 tablespoonfuls finely minced onion
1 tablespoonful finely minced green pepper
1 tablespoonful butter
½ cupful finely minced mushrooms
2 tablespoonfuls brown rice
1 quart boiling water or chicken stock
½ cupful diced celeriac or celery
1 teaspoonful salt
⅛ teaspoonful white pepper
Few grains sugar
Hint of mace

Sauté the onion, green pepper, and mushrooms for five minutes in the butter. Then add the remaining ingredients and cook gently till the celery and rice are soft. Thicken with a tablespoonful and a half of flour mixed smooth in a cupful of evaporated milk, top milk, or light cream, and serve with squares of toasted bread covered with grated cheese.

Scotch Broth

2 pounds neck of lamb
3 quarts cold water
2 tablespoonfuls barley
2 teaspoonfuls salt
¼ teaspoonful pepper
1 cupful diced carrot
1 cupful diced turnip
⅔ cupful diced onion
1 cupful diced celery
1 tablespoonful chopped parsley

Wipe the meat with a damp cloth and cut it into medium-sized pieces. Place in a large saucepan with the water, barley, salt, and pepper, bring slowly to boiling point, skim thoroughly and simmer for two hours. Add the diced vegetables and continue to cook until they are tender—about one hour. Just before serving remove the bones and sprinkle the parsley into the broth.

Italian Asparagus Soup

1 bunch asparagus
5 cupfuls chicken or veal stock
½ cupful unpolished rice
Grated American or Parmesan cheese

Clean the asparagus and cut the tender parts into dice. Add to the stock, which should be boiling, and at the end of fifteen minutes add the rice. Cook gently until the rice is done—about thirty-five minutes. Then pour the soup into plates, sprinkling each serving plentifully with cheese.

Like many of the Italian soups this is very thick and is so substantial that it should act as the main course at luncheon or supper.

If desired, it may be made of three cupfuls of stock and two of milk; in which case it will be necessary to add salt and pepper.

Celery Soup (Spanish Style)

2 cupfuls chopped celery tips
2 tablespoonfuls butter
1 minced onion
5 cupfuls meat or vegetable stock
2 egg yolks
½ cupful cooked brown rice
1 small green pepper put through the food chopper
Salt and pepper to taste

Melt the butter in a kettle, add the celery tips and onion, and cook gently for five minutes. Then add the soup stock and simmer until the celery tips are soft—about an hour. Strain the mixture; there should be a quart of soup stock left. Beat the egg yolks until light, pour a little of the hot mixture into them, then return to the main mixture, add the rice and green pepper, together with salt and pepper as may be needed, and stir briskly over a low heat for two minutes, but do not boil.

Spinach Soup

Wash the spinach and put a sufficient number of the leaves through a food chopper to make two cupfuls; then proceed according to the recipe for Celery Soup (Spanish Style).

MEAT SOUPS

Meat soups differ from soups that are made merely with meat stock because they usually contain at least a portion, if not all, of the meat used in making them. Because of this they should be served only as the main dish at luncheon, supper, or an informal dinner.

These soups are usually garnished with some food that is decidedly of a starchy nature, as dumplings, noodles, potato dumplings, squares of moulded farina, or rice, etc.

Turkey Soup

Bones and trimmings of one turkey
1 large onion
1 large carrot
2 or 3 stalks celery
2 quarts cold water
1 very small blade mace
2 tablespoonfuls flour
A few drops caramel
1 teaspoonful salt
$\frac{1}{6}$ teaspoonful pepper
$\frac{1}{2}$ teaspoonful grated lemon rind

Break or chop the bones of a cold turkey after all of the meat has been removed and use all bits of gristle, skin, and trimmings which cannot be utilized in any other way. Put into a large saucepan, with the water, vegetables, and mace, simmer for two hours, then strain, pressing as much as possible of the vegetables through the sieve. Thicken with the flour which has been moistened with a little cold water, add a few drops of caramel to darken, add also the salt and pepper, and reheat, adding to the soup, if available, a little of the turkey stuffing cut into dice. Last of all, add the grated lemon rind and serve with crisped crackers or croutons of fried bread.

Ox-tail Soup

3 quarts soup stock
3 ox tails
4 tablespoonfuls drippings or butter
$\frac{3}{4}$ cupful sliced carrots
$\frac{1}{4}$ cupful sliced onion
$\frac{1}{4}$ cupful diced celery or 1 teaspoonful celery salt
$\frac{1}{4}$ teaspoonful ground cloves
1 tablespoonful minced parsley
1 cupful sliced onions (additional)
2 tablespoonfuls butter (additional)
Croutons
$\frac{1}{3}$ cupful flour
Salt and pepper to taste

This soup can be made with any kind of stock, that which comes from the stock pot but which is not sufficiently well flavoured for other purposes being well adapted, as the ox tails add flavour as well as nourishment. If it is advisable to

make this soup with no stock at all, use four ox tails and a bit of Worcestershire sauce by way of extra seasoning.

Cut the ox tails into pieces, rinse them well, drain and brown them in the drippings or butter, with the carrots, celery, and the first amount of onion. Then add the soup stock and all of the seasonings except the parsley, salt, and pepper; cover closely and simmer for two hours, or until the meat is tender. There should be a little more than two quarts of the soup left. Add the cupful of onions fried until tender, but not brown, in the additional butter, and mixed with the flour. Add the salt and pepper, the exact amount depending upon the seasoning of the stock; then, just before serving, sprinkle the soup with the parsley and garnish with croutons.

If it is desirable to remove the bones from the ox tails, tie the meat—after browning—very loosely in a piece of coarse cheesecloth or a double piece of white mosquito netting, so that the ox tails may cook in the soup, yet be removed—bones and all. In this way, the bones can then be picked from the meat and the meat, alone, returned to the soup.

Giblet Soup

2 sets giblets
4 tablespoonfuls butter
4 tablespoonfuls flour
1 quart cold water
½ teaspoonful mixed pickle spice
1 sprig parsley
½ cupful finely diced celery
2 sliced hard-cooked eggs
Drop dumplings

Fry the giblets gently in the butter until browned. Then add the flour, the water and celery together with the pickle spice, tied in a bit of cheesecloth, and a few drops of onion juice, if desired. Simmer gently for an hour or more, or until the giblets are thoroughly tender. Then remove the pickle spice, season to taste with salt and pepper, and drop in the dumplings. Serve with a garnish of hard-cooked eggs, sliced.

Sufficient water may be added to make up for that lost through evaporation.

Philadelphia Hot Pot

1 pound stewing lamb or mutton
¼ pound lean salt pork
1 pound fresh honeycomb tripe
3 tablespoonfuls butter or drippings
1 small bay leaf
1 clove
1 sprig each parsley, thyme, and marjoram
3 quarts cold water
1 pint mixed vegetables
½ pint diced potato

Vegetables in season may be used in making this soup—the pint being made up of equal parts of beans, carrots, and celery; peas, onions, and beans; tomato, eggplant, and onion, etc. The tripe should be well washed, drained, cut up, and fried in the soup kettle in butter or drippings until light yellow. The mutton, freed from fat and cut in small pieces, salt pork, diced, and the seasonings, tied in a bit of cheesecloth, should be added together with the cold water. The mixture should be closely covered, brought to boiling point and simmered for two hours, when the vegetables and potatoes should be put in. After cooling, the fat should be removed, the hot pot seasoned to taste with pepper and salt, then thickened with a third cupful each of flour and butter creamed together.

When boiling, pour the soup upon two egg yolks if a very rich effect is desired.

Gumbo

1 3- or 4-pound fowl, cut as for fricassee
2 tablespoonfuls butter
1 tablespoonful flour
2 tablespoonfuls minced onion
1 quart cold water
2 quarts okra, sliced thin and chopped
Salt and pepper to taste

Melt the butter and in it brown the chicken, onion, and flour, add the water and okra, cover closely, bring to boiling point, and cook until the okra is entirely dissolved and the fowl done—about two and a half hours. The water should be replenished as necessary, to keep the amount of soup standardized. Remove the bones from the fowl, return the meat to the soup, and season to taste with salt and pepper.

If a thin soup is desired, add more water.

Tomato Gumbo

Add to the okra an equal quantity of peeled tomatoes, diced, and reduce the amount of water a pint.

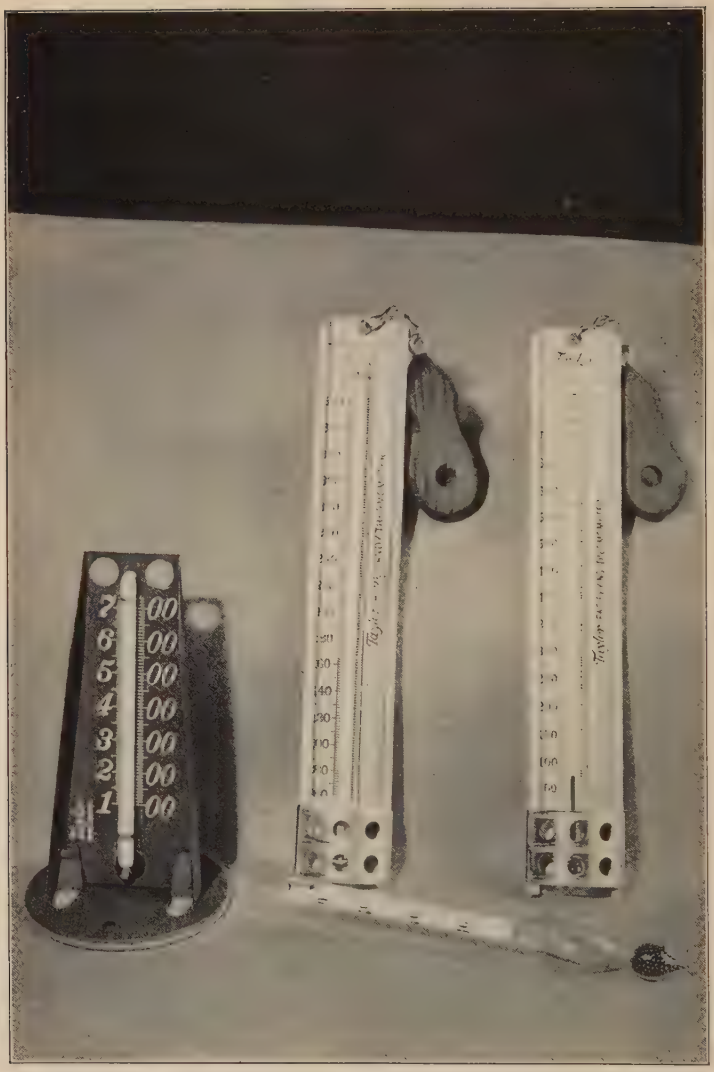
NOTE—If desired, the water left from cooking ham may be substituted for the liquid in the two preceding recipes.

Chicken Soup with Noodles

1 3- or 4-pound fowl
4 quarts cold water
3 teaspoonfuls salt
2 tablespoonfuls minced onion
½ cupful celery leaves
Few grains each pepper and nutmeg
Noodles

SOME HORS D'ŒUVRES

Stuffed eggs à la Russe, fruit cocktail, shrimp cocktail, sardine and anchovy canapés, savoury cheese balls—any one an interesting first course at luncheon or dinner



TO TAKE THE GUESS OUT OF COOKING

A group of household thermometers. From left to right—an oven thermometer, candy thermometer, frying thermometer and syrup gauge

Singe, clean, and dissect the chicken as for fricassee, then add the salt and water and let the whole stand covered for a few hours. Bring quickly to boiling point, add the onion and celery leaves and let the soup simmer for three hours, closely covered, or until the fowl is tender. Then strain, let the fat come to the surface, remove it, and add to the soup (there should be two and a half quarts; if not, add sufficient water to make up the amount), a cupful of bits of chicken meat. Bring to boiling point and add one-half pound of noodles together with the pepper and nutmeg. Boil gently until the noodles are done, for about ten minutes. The remaining chicken meat should be used up for chicken à la king, salads, croquettes, etc.

Italian Noodle Soup

12 medium-sized beet leaves and stems chopped fine
¼ pound (½ cupful) cottage cheese
¼ lb. (½ cupful) Parmesan cheese
4 eggs
½ cupful fine dried bread crumbs
Beet bouillon or soup stock
Salt, pepper, and nutmeg to taste

Beat the eggs, stir in the remaining ingredients, and cook gently over a slow heat until the mixture is thick enough to be handled. Then turn on to a well-floured board, roll out to finger thickness, cut in two-inch lengths, flour them, and drop into a kettle, either of boiling soup stock or beet bouillon. When the noodles have risen to the top, transfer to soup plates and serve with grated cheese as the main dish at luncheon.

CREAM SOUPS

Cream soups may be made in two ways, with or without soup stock. If the latter is used it should be white. The flavouring base of the soup may be of cooked vegetables, left-over meat, or fish. In any case, the soup is really nothing more than a combination of equal parts of foundational white sauce, water, or stock with a sufficient quantity of the flavouring pulp and adequate seasoning. The latter is *absolutely essential.* The *lack* of it explains why so many "do not like soups."

As a cream soup always contains quite a large quantity of milk and as it can always be poured—for additional protein nourishment—upon one or two beaten eggs just before serv-

ing, it should be served only in meals lacking in protein, as at luncheon or supper, or a meatless or partially meatless dinner. Whipped cream should be used only as a garnish when the remainder of the meal is deficient in fat.

At luncheon or supper cream soups may be served in small bowls, marmites, or bouillon cups. At dinner they are usually served in soup plates.

Croutons or a little minced parsley are suitable garnishes.

General Recipe for Cream Soup with Cooked Vegetables

1 to 2 cupfuls cooked vegetable, chopped fine
2 cupfuls water, potato water, rice water, or veal or chicken stock
3 cupfuls milk
2 tablespoonfuls butter or chicken fat
2 tablespoonfuls flour
1 teaspoonful minced parsley (optional)
2 slices minced onion (optional)
Salt and pepper to taste

Cook the vegetable for twenty minutes in the liquid, together with the parsley and onion. Then add the milk, season to taste, bring to boiling point and thicken with the flour and butter creamed together. Do not sift for ordinary service. A combination of left-over vegetables may be used, such as peas and carrots, corn and mashed potato, etc.

General Recipe for Cream Soup with Uncooked Green Vegetables

Use three cupfuls of the cut or chopped vegetable, packed down, in place of the cooked vegetable. Finish the soup, as directed in the preceding recipe.

Cream of Potato Soup

1 pint diced potatoes
1 pint boiling water
½ tablespoonful grated onion
1 teaspoonful salt
⅛ teaspoonful pepper
1 quart milk, heated
1 tablespoonful butter
2 tablespoonfuls flour

Boil the potatoes in the water with the seasonings and onion. Add the water to the milk and rice in the potatoes; thicken with the butter and flour creamed together. This method saves the minerals of the potatoes.

General Recipe for Fish or Meat Cream Soups

1 cupful minced canned salmon, tuna fish, flaked canned fish, or left-over white fish of any kind,
or
1 cupful finely minced veal or chicken
1 quart milk or 2 cupfuls milk and 2 cupfuls white soup stock
2 tablespoonfuls flour
2 tablespoonfuls butter or margarine
½ teaspoonful onion juice
2 teaspoonfuls minced parsley
⅛ teaspoonful pepper
Salt to taste

Scald either the milk with the fish, if the latter is to be used, or scald the stock and milk combined with the meat. Add the seasonings; blend the butter and flour. Add a little of the scalded mixture to this, return the whole to the double boiler, and cook until thickened—for about twenty minutes; then add the parsley. A few left-over canned peas, a little minced cooked carrot, or some finely shredded canned string beans or diced cooked celery may be added. If desired, the flour may be omitted, the butter being beaten into the soup, and a half cupful of cooked brown or unpolished rice or farina may be combined with a little of the soup, then stirred in, to act as a thickening.

Rich Celery Soup

1 quart soup stock, preferably white
1½ cupfuls finely diced celery
1 teaspoonful onion juice
Few grains nutmeg
2½ tablespoonfuls flour
2½ tablespoonfuls butter or a substitute
2 teaspoonfuls minced parsley (optional)
1 egg (optional)
1 cupful undiluted evaporated milk or top milk
Salt and pepper to taste

Add the celery to the stock and simmer until tender—about thirty minutes; then add enough water to make up for any stock lost in evaporation. Add the onion juice, the nutmeg, and salt and pepper to taste, together with the evaporated milk. Bring to boiling point, thicken with the flour and butter creamed together, pour while boiling hot on to the egg, well-beaten, garnish with the minced parsley and serve.

Cream of Asparagus Soup

1 bunch asparagus
1 quart boiling water, or chicken or veal stock
2 tablespoonfuls minced onion
½ teaspoonful celery salt
1 cupful undiluted evaporated milk
2 tablespoonfuls flour
2 tablespoonfuls butter
1 egg yolk (optional)
Salt and pepper to taste

Prepare the asparagus as for plain cooking, starting the tough ends and the onion to cook first in the water or stock, then following in fifteen minutes with the asparagus tips. Simmer twenty-five minutes, then add water or stock to make the amount of liquid a quart. Remove the tough lower ends and cut off the tips of the asparagus to use as a garnish. Rub the remainder through a sieve, into the water or stock, which should have been drained off, add the evaporated milk and celery salt and thicken with the butter and flour rubbed together. Then beat the egg yolk (if it is used) until creamy, add a little of the soup mixture; return the whole to the cooking mixture, and let stand a minute without boiling, to cook the egg. Then add the tips, season according to taste with salt and pepper, and serve.

Cream of Carrot Soup

1 cupful diced carrots
1 cupful diced white potatoes
½ medium-sized onion, minced
2½ cupfuls boiling water
3 tablespoonfuls flour
1 tablespoonful butter or margarine
3 cupfuls milk
1 teaspoonful sugar
1½ teaspoonfuls salt
⅛ teaspoonful pepper
1½ teaspoonfuls minced parsley

Combine the carrots, potatoes, onion, and water and simmer for half an hour; then rub through a sieve. Add the milk and then rub together the seasonings, flour, and butter. Add a little of the milk mixture to this, then return to the whole amount, and stir until the soup boils. Let boil for two or three minutes and serve with a sprinkling of the parsley.

Lettuce Cream Soup

2 cupfuls outer leaves of lettuce and fresh or dried celery leaves, ground
1 clove garlic
1 small onion
1 slice stale bread
2 cupfuls milk
1 potato
1½ teaspoonfuls salt
¼ teaspoonful pepper
Dash tabasco sauce
3 cupfuls water

The greens should be packed down for measuring; add to the water with the bread, potato, garlic, and onion, and boil for thirty minutes. Strain, add the milk, bring to boiling point, and season. Thicken, if desired, with a tablespoonful of flour mixed with a little cold water.

Celery and Onion Soup

1 cupful minced celery
1 cupful minced onion
3 cupfuls cold water
Bit of bay leaf
3 cupfuls rich milk
1 egg
½ cupful cooked brown rice
Salt and pepper to taste

Combine the celery, onion, bay leaf, and water and simmer for an hour, when there should be a pint of celery stock. Add the rice and milk, season to taste with the salt and pepper, boil up the mixture, then stir it into the egg, slightly beaten. Return to the heat for a moment and stir constantly, but do not let the mixture boil. Do not strain out the vegetables unless a plain cream soup is desired.

French Chestnut Soup

1 quart chestnuts
1 teaspoonful salt
Rind ½ lemon
1 quart water
1 quart chicken or veal stock, or vegetable soup stock
1 teaspoonful finely minced parsley
1 tablespoonful butter
1 tablespoonful flour
White pepper
2 egg yolks (optional)

Boil the chestnuts for twenty minutes, then remove the shells and skins and chop the chestnuts fine. Put them in a stewpan with the seasonings and water, bring to boiling point, and cook for thirty minutes. Then rub through a sieve if it is desirable to remove the pieces of chestnut, add the stock and parsley, bring to boiling point, and thicken with the butter and flour creamed together and seasoned with a little white pepper. If desired, two tablespoonfuls of quick-cooking tapioca may be used instead of the flour, being put in when the stock is added to the soup. Simmer for twenty minutes, stirring occasionally, then serve. If the egg yolks are to be used, they should be beaten in the tureen and the soup poured into them as is done in Italy.

Mock Oyster Soup

2 bunches salsify
¾ cupful chopped celery
1 quart cold water
2 tablespoonfuls shredded salt codfish
2 cupfuls milk
1½ tablespoonfuls butter or a substitute
2 tablespoonfuls flour
½ cupful cream or undiluted evaporated milk
Salt and pepper to taste

Scrape the salsify, cut it in thin crosswise sections, add the celery, and cook forty minutes in the water. Then add the codfish and cook ten minutes longer. Turn in the milk and cream, let the mixture boil, and thicken with the butter and flour rubbed together. Season to taste with the salt and pepper and serve with croutons.

Cabbage and Egg Soup

2 cupfuls finely shredded cabbage
4 tablespoonfuls butter or margarine
2 quarts boiling water
2 teaspoonfuls salt
4 egg yolks
3 tablespoonfuls cream on the turn

Remove any wilted outer leaves from the cabbage, then shred it. Rinse thoroughly and put in a good-sized kettle with the butter. Simmer five minutes, add the water and salt, and boil gently for forty-five minutes. Then beat the egg yolks with the cream and pour the soup into the mixture. Stir for a moment, pour into the tureen, and serve with hot toast. If desired, a little paprika may be used for additional seasoning.

PURÉES

Purées are thick soups, almost always with a vegetable foundation. It is not necessary to formulate separate recipes for soups of this kind, for any of the sifted leguminous soups, a sifted chestnut soup, or any of the vegetable cream soups made according to the blanket recipe may be used *if the amount of vegetable pulp is increased one half.*

Purées are always very thick and should be served only when a substantial vegetable course is desired.

CHOWDERS AND FISH STEWS

Properly speaking, a chowder is always made with fish, but the word has been modified in its interpretation to include

certain soups made with vegetables such as corn chowder or vegetable chowder.

Fish stews, such as oyster stew, are so closely allied to chowders that they may be classified under the same head.

When either a fish or vegetable chowder or a fish stew is served, it should act as the main dish at luncheon or supper.

Clam Chowder with Milk

2 medium-sized onions
3 tablespoonfuls cubed salt pork
1 quart boiling water
1 quart clams
1 pint sliced potatoes
1 tablespoonful flour
1 tablespoonful butter or a substitute
1 pint milk
1 teaspoonful salt
½ teaspoonful pepper

Put the pork in the soup kettle and slowly try out the fat. Then add the onions chopped, cook gently for three minutes, add the water and, when boiling, the clams, potatoes, and seasonings. Simmer for thirty minutes and thicken with the flour and butter rubbed together. Then add the milk, let cook a few moments, and serve. If desired, a half cupful of corn or chopped carrot may be added with the potatoes.

Clam Chowder with Tomato

Observe the proportions and directions given in the preceding recipe with this exception—substitute a pint of canned tomatoes for the milk.

Fish Chowder

3 pounds fish, any kind
¼ pound salt pork
¼ cupful sliced onion
2 cupfuls sliced potatoes
2 cupfuls mixed vegetables, as carrots, peas, string beans, etc.
3 quarts cold water
1 tablespoonful salt
⅓ teaspoonful pepper

Clean the fish and wash it well, add to it the cold water, bring slowly to boiling point, and simmer until the fish is tender—the length of time depending upon the size of the fish—from thirty to forty-five minutes should be sufficient; then remove the fish. In the meantime, fry the salt pork until the fat begins to run freely from it and it is light brown. Cut up the pork with the scissors, add it with the vegetables, except the potatoes, to the fish liquor, season, and boil for thirty minutes. Then add the potatoes and the fish, which has been picked from the bones; thicken, if desired, with one-

third cupful of flour creamed with an equal quantity of butter. When done, the chowder should be thick with fish. Milk may be added, if one wishes, either a pint of fresh milk, or, if a very rich effect is preferred, a pint of evaporated milk.

Serve with hard water crackers or pilot biscuit.

New England Fish Chowder

Observe the general proportions and directions given in the preceding recipe, making the chowder with milk and using in place of the mixed vegetables an additional quantity of diced potato.

This chowder is best made with a white-fleshed fish.

New York Fish Chowder

Observe the proportions and directions for Fish Chowder, substituting for the mixed vegetables a pint of solid canned tomatoes or a pint of fresh tomatoes cut in pieces. Season with thyme and omit the milk.

Corn Chowder

2 slices fat salt pork or bacon drippings
2 tablespoonfuls minced onion
2 cupfuls diced potato
3 cupfuls boiling water
2 cupfuls fresh or canned corn pulp
4 cupfuls scalded milk
1 teaspoonful celery salt
¼ teaspoonful paprika
2 tablespoonfuls flour

If pork is used cut it into dice and try out the fat; if drippings, melt and heat. Cook the onion until it begins to turn colour, add the potato and the water and simmer until the potato is tender. Add the corn, seasonings, and scalded milk, thicken with the flour blended with a little cold milk, and boil up thoroughly.

Corn and Oyster Chowder

Substitute one and one-half cupfuls of oysters with their liquor for the same quantity of milk, scalding the oysters and adding them just before serving.

Clam and Corn Chowder

Substitute for the oysters one and one-half cupfuls of minced hard or soft clams cooked in their own liquor and proceed as above.

Oyster Stew

1 quart oysters
1½ cupfuls boiling water
4 cupfuls milk
1 cupful top milk
2 tablespoonfuls butter
1¼ teaspoonfuls salt
¼ teaspoonful pepper

Wash the oysters carefully and place them in a sieve or strainer over a pan containing the boiling water. Cover closely and, while they are steaming through, heat the milk and top milk combined, add the butter, salt, and pepper, and turn in the oysters and the water over which they were steamed as soon as the edges of the oysters curl or ruffle. Serve with oyster crackers.

Extra Oyster Stew

Observe the proportions and directions given in the preceding recipe, making the stew entirely with top milk or light cream.

Clam and Oyster Stew

Observe the proportions and directions given in the recipe for Oyster Stew, using equal parts of small clams and oysters. The hard parts of the clams should be removed, the remaining portions being chopped fine and steamed along with the oysters.

Salmon Chowder

1 can salmon
3 slices salt pork
1 very small onion
1½ cupfuls diced potato
3 cupfuls milk
2 tablespoonfuls flour
⅙ teaspoonful pepper
1 cupful oyster crackers
1 tablespoonful minced parsley

Cut the pork into dice and try it out in a saucepan. Add the onion finely chopped, cook until it begins to turn colour, then add the potato and milk and simmer until the potato is tender. Thicken with the flour moistened with a little cold milk and add the pepper and salmon, which must first be picked over, freed from skin and bone, and flaked. Heat thoroughly and just before serving put in the crackers. Sprinkle a little minced parsley over each portion as it is served.

Mushroom Cream Chowder

½ pound fresh or canned mushrooms
1 quart boiling water
3 cupfuls milk
1 tablespoonful minced parsley
1½ cupfuls coarsely chopped celery
⅓ cupful brown rice
Salt, pepper, and nutmeg to taste

Clean the mushrooms if fresh ones are chosen. In any case, chop them rather coarsely, then add with the celery and rice to the water and boil for half an hour, or until both rice and celery are tender. Then add the milk, reheat, season to taste, add the parsley, and, if desired, thicken with a tablespoonful of flour mixed with a tablespoonful of butter. Serve with the vegetables in the chowder.

BISQUES

The word "bisque" was first used in connection with a soup made of crayfish—a sort of small fresh-water lobster; however, it has become modified so that we use the word "bisque" in connection with a group of thick soups—really purées—containing the flesh of the fish, as halibut bisque. Mock bisque or cream of tomato soup is sometimes classified under this heading because it really imitates the original bisque. Occasionally, certain thick soups, containing the substance which forms the main part, as mushrooms, are classified under this head.

Tomato Bisque or Cream of Tomato Soup

3 cupfuls stewed sifted tomatoes
½ teaspoonful baking soda
3 tablespoonfuls butter
3 tablespoonfuls flour
3 cupfuls scalded milk
1 teaspoonful salt
¼ teaspoonful pepper

In stewing the tomatoes it will be well to cook with them a slice of onion, one half a small bay leaf, two cloves, and some celery tips, although any or all of these may be omitted. The blending of various vegetables, however, is what gives a smooth, flavourful soup.

After the tomatoes are stewed and sifted, add the soda dissolved in a little warm water to neutralize the acidity. Blend the butter and flour, add the milk, stir until boiling, and cook for five minutes. Then, just before serving, add the tomatoes and mix all thoroughly together.

Quick Tomato Bisque

If a quick tomato bisque is desired and there is not time to stew the tomatoes, use instead a can of prepared tomato soup extended by a cupful of water, mixing this with the thickened milk as in the preceding recipe.

Lobster or Crab Bisque

2 cupfuls minced lobster or crabmeat
1 tablespoonful butter
1 pint hot milk
½ teaspoonful salt
¾ teaspoonful minced parsley
1 tablespoonful flour
½ cupful cracker crumbs
1 quart fish stock

Use the recipe for fish stock given in the chapter on soups, or make up a quart of fish stock by boiling the shells from the lobsters or crabs left after removing the meat in sufficient water to make a quart of stock when finished. The stock should be seasoned with salt and pepper. Melt the butter, add the flour, milk, and seasonings, as in making white sauce, then the stock, the fish, and crumbs. Season further, if desired, with a little Worcestershire sauce or a hint of lemon juice, and just before serving sprinkle with the parsley.

Shrimp Bisque

Observe the proportions and directions given in the preceding recipe, substituting fresh or canned shrimps for the lobster or crabmeat. Season the bisque when done with a little tomato catchup. If desired, chicken stock may be used.

Whitefish or Halibut Bisque

Substitute minced cooked whitefish or halibut for the lobster in the preceding recipe and proceed as directed.

Oyster Bisque

1 pint oysters with their liquor
1 quart milk
4 tablespoonfuls butter
4 tablespoonfuls flour
½ teaspoonful salt
¼ teaspoonful paprika
Few grains nutmeg
1 egg

Scald the milk and add it slowly to the butter and flour which have been creamed together until smooth. Return to the saucepan in which the milk was scalded and cook for five minutes. Scald the oysters in their own liquor and beat

the egg, yolk and white separately. Add the scalded oysters and the egg yolk to the hot mixture in the saucepan together with the salt, paprika, and nutmeg. Do not allow the bisque to boil after the oysters have been added. Put the white of egg, beaten until stiff, into the soup tureen and pour the bisque over it. Serve with croutons or crisp crackers.

Soft Clam Bisque

Substitute one string of soft clams and one cupful of water for the oysters and oyster liquor. Separate the tougher membrane from the soft portions of the clams and cook the tough portions and water together for ten minutes, then strain and add in the same way as the oysters are added in the above recipe.

Mushroom Bisque

2 tablespoonfuls minced onion
2 tablespoonfuls minced green pepper
1½ cupfuls minced cleaned mushrooms
½ cupful minced celery or celeriac
2 tablespoonfuls butter
1½ quarts chicken stock
⅓ cupful cracker crumbs
Salt and pepper as needed
Few grains sugar
Few grains mace
1 cupful cream or undiluted evaporated milk

Melt the butter, add the minced vegetables, and cook for five minutes. Then add the stock and seasonings and boil until the celery is tender. Add the cracker crumbs and cream and serve very hot.

LEGUMINOUS SOUPS

Leguminous soups are those which have as a base any one of the legumes; that is, dried mature peas of any kind, dried beans of any kind, lentils, or peanuts, used with or without meat stock, according to the result desired.

All of the legumes except peanuts combine particularly well with the flavour of salt meat, so the liquor left after the boiling of ham, corned beef, or tongue can be used as the stock base for these soups; or the ham bone, or a little salt pork or bacon may be boiled in the soup, water being used instead of stock.

As peas, beans, and lentils are so composed that they contain all the essentials of meat, except the fat, soups of this nature should be used only as the main dish at luncheon or

supper, or an informal dinner. When milk is added they become even better meat substitutes.

As they may be termed "informal" soups they may be served from the tureen at the table, in soup plates, or direct from the pantry in soup bowls. They are particularly good when accompanied with toast made of whole-grain bread, or croutons.

A meal composed, for example, of dried pea soup, buttered entire-wheat toast, mixed vegetable salad, and apple dumplings, is perfectly balanced.

Blanket Recipe for Soups of Legumes

- 1½ cupfuls split peas, cow peas, lentils, or any kind of beans, except soy beans
- 2 quarts cold water
- ⅛ teaspoonful soda
- ½ tablespoonful sugar
- 1 pint milk
- 1 small onion, minced
- ½ cupful dried or fresh celery leaves (optional)
- 3 tablespoonfuls butter, margarine, or any kind of meat drippings
- 3 tablespoonfuls flour
- Salt and pepper to taste

Soak the vegetable overnight in water to cover. Strain, rinse, add to the cold water with the soda, onion, celery, and sugar, and cook slowly until tender, replenishing the water to keep the amount of liquid about two quarts. Season to taste with salt and pepper, then rub through a sieve, add the milk, and rub together the butter and flour. Add a little of the hot mixture to this, return to the whole amount, let boil two or three minutes, and serve. If desired, a little salt pork may be diced and cooked in the soup, or the liquid from ham, if not too salt, or corned beef, may be used instead of the cold water.

Black Bean Soup

- 1 pint black beans
- 2½ quarts boiling water
- 1 teaspoonful salt
- 1 teaspoonful celery salt
- 1 hard-cooked egg
- ¼ teaspoonful pepper
- 1 tablespoonful flour, browned
- 1 tablespoonful lemon juice
- 1 tablespoonful butter
- ½ lemon

Soak the beans overnight in cold water. In the morning, drain, add the boiling water, and simmer until the beans are soft, adding more water during the cooking, if necessary—there should be no less than two quarts of soup when completed. Rub through a sieve, return to the heat, and thicken

with the flour and butter rubbed together. Add the seasonings and, just before serving, the egg diced and the lemon sliced thin.

Dried Lima or Kidney Bean Soup

1½ cupfuls dried lima or kidney beans
Boiling water
1 large onion, sliced
2 or 3 stalks celery
⅓ cupful minced carrot (optional)
1 bay leaf
3 tablespoonfuls butter or drippings
3 tablespoonfuls flour
2 cupfuls milk
1½ teaspoonfuls salt
⅙ teaspoonful pepper
1 tablespoonful minced parsley

Soak the beans overnight in cold water. In the morning, drain, rinse, and bring them to boiling point in fresh cold water to cover. Pour off this water, add the onion, carrot, celery, bay leaf, and five cupfuls of boiling water, and simmer until the vegetables are tender; then rub through a sieve. Add the milk, thicken with the butter and flour creamed together, and sprinkle in the parsley.

Cream of Dried Pea Soup

3 pints liquor from corned beef or ham
1½ cupfuls dried green or yellow peas
2 tablespoonfuls minced onion
½ cupful chopped celery or celery leaves (optional)
1 teaspoonful dried mint (optional)
1 tablespoonful flour
⅛ teaspoonful pepper
1 pint milk

Soak the peas overnight in enough cold water to cover. Drain, add to the meat liquor with the celery, pepper, and onion, and simmer until tender—about two hours. Rub through a sieve, return to the saucepan, add the milk, and thicken with the flour which has been blended with two tablespoonfuls of cold milk or water. Just before serving sprinkle in the mint.

Navy Bean Soup

1½ cupfuls navy beans
½ cupful chopped onion
1 cupful chopped carrot
1 cupful chopped celery
1 tablespoonful vinegar
Salt to taste
3 quarts water or ham or corned beef liquor
2 tablespoonfuls bacon or other drippings
½ teaspoonful pepper
1½ tablespoonfuls flour

Soak the beans overnight in cold water. Cook the chopped vegetables ten minutes in the drippings, add with the vinegar

and the beans, which have been drained, to the water or other liquid, and simmer for two hours or until the beans are tender. Add the pepper and salt if necessary (if ham or corned-beef liquor is used probably no salt will be needed). Thicken with the flour moistened with a little cold water.

SOUP ACCOMPANIMENTS AND GARNISHES

The accompaniments to soups may be varied. Hot crackers, either plain or toasted and buttered; croutons, whether fried or browned in the oven; pulled bread, or crusts of bread dried in a slow oven until very crisp; strips of hot toast; hot buttered popcorn, or cheese straws are all suitable. Sometimes the accompaniment is served in the soup, as little drop dumplings, or forcemeat balls, in any cream or stock soup; ravioli in a stock soup; or generous-sized dumplings in a chowder or stew.

Cream soups are often topped with whipped cream, which should be seasoned with salt and dusted with a little paprika, as a finish.

Either pearl tapioca, boiled rice, spaghetti, vermicelli, or little fancy shapes of the "pastes," or strips or fancy shapes of vegetables may be cooked separately and put in the soup as a garnish. It is, of course, a saving of food value if the accompaniments are cooked in the soup, but this affects the appearance somewhat and is not always advisable.

Poached eggs, royale custard, or grated cheese are often served in soup, both as a garnish and also to reinforce the protein food value. The eggs are usually poached separately in boiling salted water, then transferred to the plates of soup.

When cheese is used, it is generally passed in a pretty bowl with a dessert spoon for the service. Parmesan cheese, a hard Italian variety, is nearly always used for this purpose, although grated American cheese may be substituted. This offers a good way to use up odds and ends.

Custard à la Royale

Yolks of 4 eggs
$\frac{2}{3}$ cupful stock or consommé
$\frac{1}{4}$ teaspoonful salt

Beat the yolks of eggs until thick, add the stock or consommé and the salt, and strain the custard into an oiled bowl

or plain mould. Cover with oiled or waxed paper and set in a pan of hot water. Bring slowly to boiling point, reduce the heat, and allow the water to simmer for thirty minutes. Leave the custard in the mould until cold, then turn out and cut it into tiny dice or any desired fancy shapes—diamonds, rounds, or crescents.

Vegetable Custard à la Royale

Substitute two-thirds cupful of purée of vegetables for the stock or consommé. Colour pale green with a few drops of green vegetable colouring, and proceed as in the above recipe.

Cheese Custard à la Royale

Substitute milk for the stock or consommé and after straining add one tablespoonful of finely grated Parmesan cheese.

Toasted Croutons

Cut bread in one-fourth-inch slices, toast quickly on both sides, spread lightly with butter, dust with a little salt, and cut in cubes. Set in the oven for a moment to dry through and brown a little more.

Fried Croutons

Cut the bread as directed in the preceding recipe. Melt a tablespoonful of butter to a pint of the diced bread and brown the croutons in it. Dust them lightly with salt and serve hot.

Forcemeat Balls

1½ cupfuls cooked chicken or liver, chopped fine
½ teaspoonful celery salt
Few drops onion juice
¾ teaspoonful minced parsley
3 tablespoonfuls bread crumbs
1 egg
Milk to moisten

Combine the meat with the seasonings, crumbs, and egg; add enough milk to make the mixture stick together; form into marble-sized balls and cook in the boiling soup for ten minutes.

CHAPTER XI

CEREALS AND THEIR COOKERY

(All measurements are level)

AS THE chief constituent of most grains is starch, the cereal is classified as a starchy food in the ration, and treated as a starch in the cookery; although, at the same time, it contains proteins, fat, mineral matter, and water. The proteins vary in the different grains, but their nutritive value is practically equal—the proteins (muscle-makers) making up from ten to twelve per cent. of the content. Starch makes up from sixty-five to seventy per cent. and small amounts of sugar are also present. Fortunately, cellulose (that is the fibrous framework of all vegetable cells) is not abundant except in the outside coverings, for the digestive juices have no action on it. Nevertheless, cellulose has an important mission, as it acts as a scavenger to the digestive tract, sweeping it clear of the clinging waste which produces auto-intoxication. Besides this, a large part of the mineral matter which the grain contains, as well as the vitamines, is present in these outer coverings.

The proportion of fat varies greatly in the different members of the cereal group. In this, nature seems to follow the wonderful law of provision, giving grains in the northern section, like oats, a larger proportion of fat than she does rice, which grows in warm climates.

The cereal grains which are best adapted for use are wheat, oats, barley, tapioca, rye, corn, popcorn, buckwheat, and rice. Oats and wheat are richest in protein; oats and corn, in fat; rice, tapioca, and rye, in carbohydrates; barley, wheat, and oats, in mineral.

How to Use Cereals

Although there is no cereal which is itself a balanced food, the grains play an incalculably important part in the balanc-

ing of our meals. All kinds of bread, as well as macaroni and the sister pastes, and all of those foods that we are familiar with as cereals, belong in this great group. They are really the background of our meals and can be used much more widely than is generally done. In fact, in Italy, China, India, Japan, and other countries, cereals are used, not as breakfast foods, but rather as extenders of the more costly meats and vegetables.

In introducing cereals into the diet care must be taken not to treat the cereal as a protein or muscle-making food, unless a protein element, such as plenty of milk, is served with it; or unless the cereal is prepared in such a way that there is combined with it a protein and a little more fat for balance. For instance, a breakfast consisting of fruit, oatmeal, top milk, or light cream, toast, and coffee, is not balanced. It does not contain a sufficient amount of protein; but the same breakfast prepared with the oatmeal cooked in milk becomes a balanced meal.

Whole-Grain Cereals

Although all cereals have a definite use, those which are the richest in health-giving properties are the ones that have not been robbed or denatured. By this I mean those cereals which are whole in themselves, from which no portion has been removed in the milling process. Such cereals are brown rice, entire wheat (sometimes known as whole wheat), Irish oatmeal, and water-ground cornmeal. These cereals contain all of the natural bran or outside covering of the grain as well as the heart or endosperm, which is really the germ of the grain. In this outside bran and in this germ are the life-giving or vitamine elements of the grain. When the bran, or outside covering, is removed they lose not only the minerals, but those life-giving principles as well, and when the heart is taken away, we lose most of the fats and still more vitamines.

In ancient days, when meals were simple, and bread and fish as in the "feeding of the multitudes" formed a balanced ration, breads were of this whole-grain variety. As far as possible in our daily diets we should include these whole-grain foods, for they will mean not only better health, better teeth, and therefore better bodies and better minds, but

the preparation of fewer foods, *for inasmuch as we learn to introduce foods which are not robbed or denatured, we make possible the preparation of fewer foods, for less will then be needed to make a complete balance.*

Dried or "Ready to Eat" Cereals

For lack of a better classification, those cereals that are ready prepared to eat when taken from the package may be termed dry cereals. There has been much controversy as to their food value. As a matter of fact, they are really wonderful adjuncts to the menu, and when contemplating their food value, it must be kept in mind that these cereals are condensed nourishment not extended with water, as is done in the preparation of the cooked cereals. The dry cereals which contain all of the grain are very valuable foods because they are rich in both minerals and vitamines.

Human beings always thrive better on a mixed diet so that it is advisable to change the cereals about, using these prepared cereals alternately with those that are cooked. The dry cereals may also be used in many other ways for they fit admirably into various desserts, puddings, cookies, cakes, brown bread, and even ice-cream.

Balanced Cereal Meals

Breakfast

Baked Apples
Cooked Brown Rice Served in Milk with Top Milk
Entire-wheat Muffins and Butter
Coffee (Adults) Milk (Children)

Luncheon or Supper

Rice Balls with Egg Sauce
Vegetable Salad Rolls and Butter
Apple Dumplings and Lemon Sauce
Tea

The Principles of Cereal Cookery

Cereals belong to the great group of carbohydrates or starchy foods and their primary mission in the body is that of furnishing fuel or energy. Every dish made up largely of a cereal, although it may contain other ingredients as well,

is subject in cooking to the general laws underlying cereal preparation, unless the cereal is already cooked.

The principal point to be considered is the thorough cookery of the starch in the cereal. Practically everyone is familiar with the puffing up and bursting of grains of popcorn. When subjected to heat, they literally turn inside out. The cookery of all starchy foods should be conducted in a way to get similar results. Because of this the starches are always plunged, sifted, or put into rapidly boiling water, if boiling or steaming is to be employed. This applies to all cereal grains, potatoes, and all other starchy vegetables, as well as macaroni and its kin. There are no exceptions. The water should always be salted before the food is immersed except with macaroni and should be kept constantly boiling, although not rapidly, throughout the cookery.

If a cereal is being prepared and is to be steamed, it should always be subjected for twenty minutes to this preliminary boiling, so that the starch grains may be "popped" in order to admit the heat more quickly. All undercooked starchy foods are liable to ferment in the stomach, causing indigestion. This applies not only to cereals, macaroni, and starchy vegetables, but to "soggy" bread, doughy biscuits, heavy cake, and "soaked" under-crusts of pies. Thus it will be seen that in addition to the accentuation of flavour gained by proper cereal cookery, the consequent efficient digestion will bring about peace of body, and therefore peace of mind.

Applying these principles, then, to all cereals, as rice, oatmeal, cracked wheat, cornmeal, hominy, samp, farina, and all commercial cereals, to potatoes, macaroni and its kin, and supplementing them with variety in the recipes used, any woman can make of these cheapest and most common foods many delicious dishes.

Plain Cooking Cereals

The least expensive cereals, as cracked wheat or hominy, generally demand the longest cookery; therefore, the most fuel and attention. Those which are partially prepared demand less fuel and attention, but their cost is greater.

When a coal stove is used, or when the fireless cooker is adopted, the question of fuel may be eliminated, because it is what we term a fixed item—it is there anyway.

Several points must be observed in preparing cereals:

1. Be sure to cook them enough—and then some! They will taste better for it.

2. Cook all cereals, whether partly prepared or not, from at least forty-five minutes to an hour. You will frequently see advertised, cereals which the manufacturers claim will cook in from one to twenty minutes. They will cook, but they will not cook "done."

3. Add sufficient salt, approximately one and one half teaspoonfuls to a quart of water. The proper use of salt (plus long cookery) makes the difference between an appetizing cereal and one that the family "doesn't like."

It will prove an economy both of time and of fuel to prepare sufficient cooked cereal at one time to last for two meals. It can be reheated as is, or may be used in some other form, as a simple cereal dessert, cereal muffins, or waffles, the foundation for a meat substitute dish, and in many other ways mentioned in this book.

General Recipe for Cooking Cereals

Measure out the required amounts of water and salt into a double-boiler top, and when boiling rapidly stir in the cereal; let this boil furiously for fifteen to twenty minutes; then set over the lower part of the double-boiler which contains rapidly boiling water; cover and cook the remainder forty-five minutes to an hour.

The whole grains, such as brown rice, need an hour or more; cracked wheat, hominy, and whole oatmeal need three or four hours.

The general proportions of cereal to liquid are as follows:

Farina and Fine Wheat Cereals	1 cupful to 5 cupfuls water 1¾ teaspoonfuls salt
Rolled Oats	2½ cupfuls to 5 cupfuls water 1¾ teaspoonfuls salt
Unpolished Rice	1 cupful to 3 cupfuls water 1½ teaspoonfuls salt
Brown Rice	1 cupful to 3 cupfuls water 1½ teaspoonfuls salt
Fine Hominy	⅔ cupful to 3 cupfuls water 1 teaspoonful salt
Coarse Hominy	1 cupful to 4 cupfuls water 1¼ teaspoonful salt

Cornmeal	1⅛ cupfuls to 6 cupfuls of water 1¾ teaspoonfuls salt
Cracked Wheat	1 cupful to 4 cupfuls water 1 teaspoonful salt

General Directions for Cooking Cereals in Milk

All cereals that may be cooked in water and are eaten as plain cereals may also be cooked in milk. The procedure is as follows:

Add the required amount of cereal (see preceding table) to ⅓ the amount of water required; let boil 5 to 10 minutes, or until the cereal has largely taken up the water; then add sufficient whole milk to make up the remainder of the liquid needed, add salt, and finish cooking as usual over hot water.

If desired, evaporated milk may be used instead of whole milk. In this case, use half the amount of water usually required, the balance of the liquid being made up of undiluted evaporated milk.

Cereals Cooked with Fruits

Oatmeal, cream of wheat, and all the farinas, hominy and polished rice may all be cooked with fruits; either fresh or dried fruit may be used for the purpose, the choice dictating the time of cookery. If small fruits or sliced apples are to be used, the fruit is added to the cereal at the time it is put into the double boiler (see general directions for plain cooking cereals). If dried fruit is to be used, such as prunes, figs, raisins, peaches, or apricots, the fruit should be soaked for several hours beforehand, and the water in which it is soaked should be used as part of the liquid in the cereal cookery so that none of the flavour and nutriment will be lost. In this case, with the exception of the raisins, the soaked fruit should be cut in small pieces and should be put into the water in which the cereal is to be cooked ten minutes before the cereal is added. The general proportion of fresh or soaked dried fruit (measured after soaking) to the amounts of cereal, water, and salt given in the preceding table is one cupful.

Cereals cooked in this way really combine the fruit and cereal courses, and are delicious as well if served cold after moulding, with a little cream and sugar.

Baked Cereals

All of the cereals mentioned in the preceding table may be baked if desired, providing the amount of liquid added is reduced one fourth.

Occasionally, during the winter when the coal fire is kept overnight, it will be desirable to bake the cereal in order to take advantage of the low heat of the oven as well as to have the cereal really "do itself." In this case the cereal is started as previously described, only instead of being put into a double boiler for the final cookery, it is transferred to a casserole, either earthenware or glass, covered closely, and allowed to stay in a slow oven overnight. This is really next door to fireless cooking. Sometimes, too, if one is using a gas range, and beans or some other food is being prepared that needs long slow cookery, the cereal for the next day's breakfast may be cooked in the oven by this method during the day.

To Reheat Cereals

If cereals are to be prepared before serving time, then reheated later on, they should always be covered in order to prevent the formation of a thick crust. Before reheating, a little boiling water should be poured over the top of the cold cereal. The utensil containing it should be set over boiling water, and after about ten minutes the cereal should be gently stirred with a fork until it is smooth.

Fried Cereals

Left-over cereals of all kinds may be moulded, preferably in round pound baking-powder cans (which have been rinsed with cold water), then chilled, sliced, and fried. A better crust is always obtained if the slices are first dipped in flour.

The cereal may be cooked in any type of fat except butter or margarine, as they burn too quickly. If to be used as a savoury or vegetable, bacon or ham drippings are especially good; otherwise a vegetable fat or oil should be chosen. Sufficient fat should be put into the frying pan to oil the bottom thoroughly; then the cereal should be sautéd or fried, first on one side, then on the other.

Cereals prepared in this way may be served with bacon or

sausage as a luncheon or supper dish, or with syrup, jelly, or marmalade as a plain luncheon or supper dessert.

Oven-Fried Cereals

When the oven is being used for other purposes, or when the smell of frying must be kept out of the house, cereals may be fried or browned in the oven. To do this, prepare the cereal as in the preceding recipe, placing it in a pan containing the hot melted fat, then setting it in a hot oven—375–400 degrees F. When brown on the bottom, it will facilitate the cookery if the slices are reversed.

How to Use Bran

Bran is almost never used as a separate cereal, being rather combined with other cereals or foods to make it more palatable.

Any of the finely milled cereals may be combined with bran in the cooking, the proportion being as high as one fourth bran to three fourths of cereal. It may be added with the cereal when it is put into the boiling water.

Bran may also be used in griddle cakes, waffles, baking-powder biscuit, and like mixtures, one sixth of the flour being omitted, *twice* the amount of bran taking its place. It is necessary to add this extra amount as the bran contains no starch.

For further uses for bran, see section on Special Diets.

Cereals as Thickening Agents

Various cereals are used as thickening agents in soups, the most common being pearl tapioca, barley, unpolished or brown rice, and, occasionally, cream of wheat or farina. Tapioca is also used instead of gelatine to thicken the cold soups served during the summer. In this case the usual amount to a quart of boiling soup stock, consommé, or bouillon, is three-fourths cupful. If quick-cooking tapioca is used, no preliminary soaking is necessary, but if the old-fashioned pearl tapioca is selected, it should be soaked before using in cold water to cover for two or three hours.

Cream of wheat, cornmeal, and farina are also used occasionally in thickening gravies, especially when a more substantial thickening effect is desired than when flour is used.

In this case, a tablespoonful of the cereal is sufficient to thicken a cupful of liquid.

Plain and Savoury Cereal Dishes

Now that our food repertoire has become so broad, it is almost impossible to make a difference between a breakfast cereal and a savoury cereal, as so many of these dishes are used interchangeably. Generally speaking, the breakfast cereals, however, are those that are plain cooked—in milk—or with fruits, while those that are highly flavoured, as the dishes that contain cheese, fish, etc., are used for luncheon and supper, and sometimes for informal dinners.

As far as possible, I have grouped together in this book the two types of dishes.

Sautéd Apples with Oatmeal

2 large apples
Butter or butter substitute
Sugar
Cooked oatmeal
Cinnamon

Core the apples but do not pare them, cut into thick slices and cook very gently until tender but not broken in the butter or butter substitute. Place a slice on each individual plate, pile well-cooked oatmeal in the centre, and sprinkle with ground cinnamon and sugar, using one third as much cinnamon as sugar. Serve with additional sugar and cream.

Fruit in Cereal Border

3 cupfuls cooked granulated cereal
2 cupfuls canned or stewed fruit

Prepare the cereal as for breakfast service, cooking it in water or milk, as preferred. Turn it while hot into an oiled border mould and set aside to chill. Unmould, fill the centre with the canned or stewed fruit, and serve with the fruit juice boiled down until thick with a little sugar, or serve with cream and sugar.

Boiled Rice

To two quarts of rapidly boiling water containing two teaspoonfuls salt stir in one cupful of unpolished rice. Boil very rapidly, uncovered, for twenty to twenty-five minutes, or until the kernels are perfectly tender. Drain off the cooking water and let the rice stand in a sieve, over steam, for

about ten minutes. This will make the grains stand out separate and distinct. Then use as desired.

Buttered Rice

To the recipe for boiled rice add from three to four tablespoonfuls butter, melted, letting the rice stand for at least five minutes to absorb it.

Curried Rice

To the recipe for boiled unpolished or brown rice add three tablespoonfuls of butter creamed with one teaspoonful of curry powder.

Rice with Gravy

To the recipe for plain cooked unpolished or brown rice, prepared so that it is quite dry, add one and one-half cupfuls of chicken gravy, or brown or giblet gravy. If desired, one and one-half cupfuls of the liquid usually used in cooking the rice may be omitted, the gravy being added during the last fifteen minutes of the cookery.

Boiled Brown Rice

Bring four and a half cupfuls of water to boiling point in a saucepan, add one and one-half teaspoonfuls of salt and one and a fourth cupfuls of brown rice. Boil from forty-five minutes to an hour, reducing the heat the last fifteen minutes so that the rice will not stick and the water will be evaporated. When done it should be fairly dry and draining should not be necessary.

Boiled Rice in Milk

1 cupful rice — 1 pint milk

Boiling salted water

Wash the rice thoroughly and cook it for ten minutes in boiling water to cover containing a teaspoonful of salt. Drain thoroughly, add the milk, cover closely, and cook very gently until all the milk is absorbed. Serve hot with cinnamon hard sauce or melted jelly.

Boiled Rice with Raisins or Dates

Add a cupful of seeded raisins or halved stoned dates to the rice and milk when first combined.

Escalloped Rice with Cheese

1½ cupfuls brown rice
6 medium-sized onions, chopped
2 minced pimientoes, or 1 green pepper
1 can tomato soup
1 cupful diced dairy cheese
2 tablespoonfuls butter

Fry the onions in the butter till softened, then add the rice, one and one-half teaspoonfuls of salt, and two and one-half cupfuls of boiling water. Boil until the rice is nearly done and then add the soup (there should be a pint). When the rice has taken up all the liquid, stir in the pimientoes and add the cheese. Transfer to an oiled casserole and bake until browned in a moderate oven—350 degrees F.—or stir the mixture over a slow heat until the cheese is melted. Use as the main dish at luncheon or supper.

Cheese and Rice Soufflé

1¼ cupfuls American cheese put through a food chopper
1½ cupfuls cooked brown or unpolished rice
1½ cupfuls white sauce
3 eggs
⅛ teaspoonful baking soda

Season the white sauce highly with paprika, then add the cheese, stir constantly till melted, and turn in the rice. Beat the egg yolks, stir in the cheese mixture, and then fold in the whites beaten stiff. Transfer to a well-oiled baking dish, surround with hot water, and bake half an hour in a moderate oven—350 degrees F.

Escalloped Rice with Mushrooms

2 cupfuls of diced fresh or canned mushrooms
¼ cupful butter
1 onion, minced
1 medium-sized green pepper, minced
1½ cupfuls brown sauce
3½ cupfuls boiled brown rice

Sauté (fry) the mushrooms in the butter for five minutes, then add the onion and pepper, cook two or three minutes longer, and stir into the remaining ingredients. Transfer to an oiled casserole and bake thirty-five minutes in a moderate oven—350 degrees F.

Risotto

1¾ cupfuls unpolished rice
¼ cupful olive oil
⅓ cupful butter
1 onion, minced
1 clove garlic, minced
5 cupfuls soup stock, or
5 bouillon cubes dissolved in five cupfuls boiling water
Grated Parmesan or American cheese

Heat the oil and butter together, add the onion and garlic and cook it gently until the onion is yellowed, then add the rice which has been washed and drained and cook the whole gently together until the rice is yellowed. Then add part of the stock and when the liquid has been absorbed, add the remainder, allowing the mixture to cook gently until it is extremely thick and the rice is tender but not dry. If desired, the juice of half a lemon may be added. Serve as the main dish at luncheon or supper with plenty of grated cheese.

Rice or Barley with Nuts

1½ cupfuls pearl barley, or unpolished or brown rice
1⅓ cupfuls raisins
1 cupful of any nut meats except peanuts
⅓ cupful butter
4 tablespoonfuls candied or preserved ginger, minced
¼ teaspoonful cinnamon

Cook the barley or rice in four cupfuls of boiling water until nearly done, then melt the butter, add to it the raisins, nuts, ginger, and cinnamon and cook gently for five minutes. Add this to the cereal which should be rather dry, and let cook fifteen minutes more, or else transfer to a buttered baking dish and finish the cookery in the oven. Serve as a savoury in a meal that is deficient in meat, or as a dessert with an accompaniment of light cream in a meatless meal.

Spanish Rice

2 tablespoonfuls butter
⅓ cupful minced onion
1 pint stewed or canned tomatoes
2 good-sized green peppers, minced
1 cupful unpolished rice
2 cupfuls boiling water
1 teaspoonful salt
⅛ teaspoonful pepper

Melt the butter, add the onion and peppers and cook them until barely tender. Turn in the tomatoes and water, add the seasonings, bring to boiling point, stir in the rice and cook until the latter is tender, about thirty-five minutes.

Turkish Pilaff

3 cupfuls boiled unpolished rice
1½ cupfuls chopped cooked ham, corned beef or shredded freshened dried beef

Oil a baking pan with savoury drippings rather thickly and sprinkle the bottom and sides with fine dry bread crumbs.

Spread in the pan a layer of rice, then one of the meat, alternating until all is in and making the last layer of rice. Dust the top with fine bread crumbs mixed with some melted savoury drippings, and bake until well browned in a hot oven—375 degrees F. Cut in squares for serving and serve, if desired, with tomato sauce.

Rice and Celery Croquettes

- ⅓ teaspoonful grated onion
- 2 tablespoonfuls butter
- ¼ teaspoonful meat or vegetable extract
- 3 tablespoonfuls chili sauce
- ½ cupful finely chopped celery
- 2 cupfuls cooked rice
- ⅓ teaspoonful salt
- ⅛ teaspoonful pepper
- 2 eggs
- Stale bread crumbs

Cook the onion in the butter for two minutes, add the extract, chili sauce, and celery. Heat thoroughly, then stir into the rice with the salt and pepper. Bind with a little beaten egg—probably about half an egg will be required. Spread smoothly on a plate, cool, then cut into eight or ten croquettes according to the size desired, brush each over with the remaining egg, then roll in bread crumbs and cook in fat hot enough to brown a piece of bread in forty seconds (if using a frying thermometer this should register 375 degrees F.). Drain and serve with or without celery sauce, tomato sauce, or cheese sauce.

Tomato and Rice Pie

- ½ cupful rice
- 3 cupfuls stewed sifted tomato
- 1 teaspoonful celery salt
- ¼ teaspoonful pepper
- ⅛ teaspoonful allspice
- ¼ cupful buttered crumbs

Cook the rice until tender in boiling salted water, drain, and place a layer of the rice in an oiled baking dish. Pour over it one-half cupful of the stewed sifted tomato, seasoned with the celery salt, pepper, and allspice, and proceed in this way until all the ingredients are used. Cover the top with the buttered crumbs and bake in a moderately hot oven—350–375 degrees F.—for half an hour.

Rice and Fish Loaf

- 3 cupfuls boiled unpolished rice
- 2 cupfuls minced cooked fish
- ¾ cupful thick white sauce
- 1 teaspoonful onion juice
- 1½ teaspoonfuls minced parsley
- 1 egg
- 2 tablespoonfuls butter

Any kind of white-fleshed fish, salmon, fresh or canned, or tuna fish, may be used in making this dish.

Add the butter, melted, to the rice. Butter a mould or brick-shaped pan and line it with the rice, reserving a little to spread over the top. Fill the cavity with the fish, minced and mixed with the other ingredients, and spread the remaining rice over the top. Steam or bake the loaf until done, about forty minutes. If baked, it should be set in a pan of hot water and covered for the first half of the cooking.

Serve with buttered peas, creamed peas, tomato sauce, white sauce, curry sauce, or savoury egg sauce.

Hominy and Fish Loaf

Observe the proportions and directions given in the preceding recipe, substituting hominy for the rice.

Meat and Rice or Ham Loaf

Follow the general directions as given in the recipe for Rice and Fish Loaf, substituting for the fish any kind of cooked meat. If roast beef, lamb, veal, or chicken is used, thick gravy or tomato sauce may be substituted for the white sauce.

Rice and Nut Loaf

2 cupfuls of cooked brown rice
1⅓ cupfuls chopped nut meats, any kind
½ cupful thick white sauce
1 teaspoonful onion juice
1 teaspoonful celery salt
1 egg

Combine the ingredients in the order given, pack into a buttered brick-shaped pan and bake until firm, about thirty-five minutes, in a fairly hot oven—375 degrees F. Serve with brown nut gravy or tomato sauce.

Baked Rice Milanaise

1 cupful unpolished rice
⅔ cupful grated cheese
¼ teaspoonful paprika
1 minced green pepper
2 tablespoonfuls minced onion
4 tablespoonfuls olive oil
2 hard-cooked eggs
2 cupfuls tomato sauce

Wash the rice and cook until tender in rapidly boiling salted water. Drain thoroughly and add one-half cupful of the grated cheese and the paprika. Meanwhile, cook the onion

and green pepper in the oil, add these to the rice and cheese mixture, and either serve as is with the tomato sauce, the eggs sliced and remaining cheese, or turn into a casserole, sprinkle the remainder of the grated cheese over the top, bake fifteen minutes in a moderately hot oven—375 degrees F.—garnish with the eggs and serve with tomato sauce.

Jambalaya

2 tablespoonfuls minced onion
2 slices bacon
1 tablespoonful flour
2 cupfuls canned tomato
1 cupful unpolished rice
1 can shrimps or
1½ cupfuls cooked shrimps
About 1½ cupfuls water
1 teaspoonful salt
¼ teaspoonful pepper

Cook the bacon until the fat flows freely, add the onion, and cook until it begins to colour. Next put in the flour and when slightly browned, add the tomatoes and water. Bring to boiling point, shake in the rice gently, and cook ten minutes; then put in the shrimps, salt and pepper, cover closely, and simmer very slowly, stirring occasionally, for one hour. Add more water if necessary to prevent sticking.

Escalloped Rice and Tomato

1 pint canned tomatoes
1 pint cooked rice, unpolished or brown
2 tablespoonfuls butter
⅛ teaspoonful pepper
3 tablespoonfuls chopped green peppers (optional)
1 teaspoonful sugar
¾ teaspoonful salt
½ teaspoonful onion juice

Combine the ingredients in the order given, transfer them to an oiled baking dish, and bake for thirty minutes in a moderate oven—350 degrees F. If desired, a little cheese may be grated over the top before it is baked.

Samp Omelet

2 tablespoonfuls bacon or sausage fat
1 pint cooked samp
⅔ teaspoonful celery salt
⅙ teaspoonful paprika

Melt the bacon or sausage fat in a frying pan and when hot turn into it the samp to which the celery salt and paprika have been added. Cook until well browned on the bottom, fold over like an omelet and serve with creamed celery or creamed dried beef, or with a garnish of crisply fried salt pork.

Savoury Hominy

1 pint coarse hominy or samp
2 tablespoonfuls bacon or sausage fat
1 cupful stewed sifted tomato
2 teaspoonfuls salt
¼ teaspoonful pepper
2 cupfuls soup stock
1 onion
4 cloves
½ cupful grated cheese

Soak the hominy or samp overnight. In the morning add boiling water to cover and cook for four hours, replenishing the water as it boils away. When quite tender, add the bacon or sausage fat, tomato, salt, pepper, stock, and the onion into which the cloves have been stuck. Simmer gently until the liquid is almost entirely absorbed. Remove the onion and stir in the grated cheese.

If desired, the cheese may be omitted and the dish served with a garnish of fried salt pork, bacon, or cooked salt codfish.

Hominy and Nut Croquettes

2 cupfuls cooked hominy
1 cupful chopped nut meats
1 tablespoonful butter
1 egg, or two egg yolks
1 teaspoonful onion juice
Salt and pepper to taste

Combine the ingredients in the order given, form into balls, egg and crumb as for croquettes, or dip in cornmeal instead of crumbs and fry in deep fat hot enough to brown a bit of bread in forty counts—375 degrees F.—or form into flat cakes, dip in flour, and fry on a griddle.

Escalloped Hominy and Cheese

2 cupfuls American cheese put through food chopper
3 cupfuls lye hominy, or boiled samp
1 quart milk
¼ teaspoonful soda
⅛ teaspoonful paprika
1¼ teaspoonfuls salt
¼ teaspoonful pepper
1 tablespoonful butter substitute
2 eggs

Scald the milk, add the hominy, seasonings, and butter substitute. Stir together the cheese and eggs in a baking dish with the soda, then pour in the milk mixture, set the dish in a pan of hot water and bake very gently for an hour in a moderate oven.

If desired three cupfuls of rather solid canned tomatoes may be substituted for the milk in this recipe.

Hominy Timbales

Pack left-over cooked hominy, or hominy cooked for the purpose in soup stock instead of water, into well-oiled timbale moulds. Just before serving time unmould, transfer to a baking dish, dust with a little minced parsley, coarse dry bread crumbs, and a little grated cheese mixed with savoury drippings or butter, and brown in a quick oven. Serve plain instead of potato, or with a cheese or savoury egg sauce as the principal dish, at luncheon or supper.

Farina, Rice, or Cream of Wheat Timbales

Substitute any one of these cereals, cooked, for the hominy in the preceding recipe.

Rarebit with Cereal

½ cupful milk
2 tablespoonfuls butter or a substitute
1½ cupfuls cooked cereal
¼ teaspoonful dry mustard
1½ cupfuls grated cheese
⅙ teaspoonful paprika
2 eggs
1 teaspoonful Worcestershire sauce
Toast or crackers

Scald the milk, add the butter to it and beat in the cereal with a fork. Add the mustard, cheese, and paprika, then the eggs well beaten. Heat thoroughly, add the Worcestershire sauce, and serve on toast or crackers.

Browned Cornmeal Mush

Prepare cornmeal as usual and pour it into pound baking-powder cans to stiffen. Turn out, cut in half-inch slices, dip in flour, then in milk and in fine dry bread crumbs, and fry until brown in deep fat, or in savoury drippings on a griddle. To serve, accompany with maple or brown sugar syrup, melted jelly, honey, crisp bacon, or savoury egg sauce.

Cornmeal Fish Balls

2 cupfuls cornmeal
1½ cupfuls cooked flaked fish
3 tablespoonfuls tomato sauce
1 tablespoonful finely minced green pepper
⅛ teaspoonful paprika
Egg
Stale bread crumbs

Add the fish, tomato sauce, minced pepper, and paprika to the cornmeal mush with salt if desired—this will depend on

whether the fish being used is fresh or salted. Mix thoroughly, spread smoothly on a board, then divide into eight or ten portions, form into round flat cakes with the hands and the blade of a knife, dip each into beaten egg, then in stale bread crumbs, and fry in deep fat hot enough to brown a piece of bread in forty seconds (if using a frying thermometer this should register 375 degrees F.).

GENERAL COOKERY OF MACARONI, SPAGHETTI, AND NOODLES

Macaroni and Noodles

Put the macaroni, spaghetti, or noodles into rapidly boiling water and boil until they are perfectly tender, adding a teaspoonful of salt to each quart of water when nearly done. It is often customary to drain them and pour over cold water to remove the stickiness, but if this is done considerable nutriment is lost. It is really not necessary if a good grade of food has been chosen. After draining thoroughly, add to the sauce, or use in any way desired.

Cooking Spaghetti the Italian Way

The real Italian method of plain cooking spaghetti is not to break it in pieces, as is customary in this country, but to boil the whole sticks. To do this, plunge the ends of the sticks in the boiling water. They will soften and the whole amount can then be easily coiled in the kettle.

Creamed Macaroni

2 cupfuls macaroni broken into small pieces
Boiling water
1 pint hot milk
¾ teaspoonful salt
⅛ teaspoonful pepper
1½ tablespoonfuls flour
1½ tablespoonfuls butter

Drop the macaroni into the rapidly boiling water and cook it for fifteen minutes. Drain, add the hot milk, and cook slowly either on an asbestos mat or in the upper part of a double boiler until the macaroni is tender—about half an hour. Add the salt and pepper, and thicken with the butter

and flour creamed together, cooking for at least five minutes after the thickening is added.

Macaroni Au Gratin

To the ingredients of the preceding recipe add one and one-fourth cupfuls of grated American cheese, letting the mixture cook in the double boiler until the cheese is melted, then serve as is, or transfer it to a buttered baking dish, cover the top with one-fourth cupful of fine dry bread crumbs mixed with one tablespoonful of melted butter and one-fourth cupful of grated cheese, and bake until well browned in a moderate oven—350–375 degrees F.

Macaroni with Oysters

Prepare the recipe for Creamed Macaroni, then butter a baking dish, put a layer of the macaroni in it, and on this lay a few oysters which have been washed and looked over. Sprinkle these, if desired, with a little celery salt and minced pimiento and green pepper. Continue in this way until a pint of oysters and all of the macaroni mixture have been used. Cover the top with one-fourth cupful of fine dry bread crumbs mixed with a tablespoonful of melted butter and a little grated cheese if desired, and bake until brown in a moderate oven—350–375 degrees F.

Macaroni with Ham

Follow the directions given in the preceding recipe for macaroni with oysters, substituting one and one-fourth cupfuls of finely minced or diced cooked ham for the oysters.

Cleveland Macaroni

1½ cupfuls macaroni
2 cupfuls white sauce
1½ cupfuls diced chicken
1 chopped hard-cooked egg
⅓ teaspoonful celery salt

Cut the macaroni in inch lengths and boil until tender; then drain and combine the ingredients in the order given; transfer to a buttered baking dish, cover with one-fourth cupful of fine dry bread crumbs mixed with one tablespoonful of melted butter and brown in a moderate oven—350–375 degrees F.

Savoury Macaroni

½ pound macaroni
1 quart well-seasoned soup stock
3 tablespoonfuls finely minced onion
3 tablespoonfuls bacon or sausage fat
¼ teaspoonful dry mustard
⅛ teaspoonful pepper
½ cupful grated cheese
¼ cupful coarse bread crumbs
2 tablespoonfuls bacon fat (additional)

Cook the macaroni for ten minutes in boiling salted water, drain, add the soup stock and cook until this is all absorbed. Season with the minced onion which has been cooked until it begins to turn yellow in the bacon or sausage fat, and also the mustard, pepper, and grated cheese. Mix all thoroughly, turn into an oiled baking dish, sprinkle with the bread crumbs moistened with the additional bacon fat, and bake until brown in a moderately hot oven—375 degrees F.

Macaroni with Peppers

½ pound cooked macaroni
3 sweet peppers
⅔ teaspoonful salt
⅛ teaspoonful cayenne
3 tablespoonfuls butter or a substitute
Grated cheese

Remove the seeds and white connecting pith from the peppers, mince fine and cook for ten minutes in the butter or substitute. Add to the macaroni with the salt and cayenne and toss all thoroughly together. Serve, with plenty of grated cheese in a separate dish.

Macaroni with Mushrooms

½ pound macaroni, cooked
½ pound mushrooms
3 tablespoonfuls butter or a substitute
⅓ cupful buttered crumbs
A slight grating of nutmeg
½ teaspoonful salt
⅙ teaspoonful paprika

Peel the mushrooms, chop them coarsely, and cook slowly in the butter or substitute for ten minutes. Add the salt, paprika, and nutmeg. Combine with the macaroni which has been very thoroughly drained, toss all together, and turn into an oiled baking dish. Sprinkle the buttered crumbs over the top and bake fifteen minutes in a moderately hot oven—350–375 degrees F.

Macaroni with Sausages

½ pound macaroni cooked
1 pound sausages or sausage meat
⅛ teaspoonful cayenne
¼ teaspoonful salt

If sausages are used prick them thoroughly; if sausage meat, form it into small cakes. Cook until golden brown and keep hot. Drain the macaroni thoroughly, add it to the sausage fat in the pan with the cayenne and salt and cook for ten minutes, tossing the macaroni about so that it is coated with the sausage fat and slightly browned. Pile on a serving dish and garnish with the cooked sausages or sausage meat.

Macaroni with Vegetable Sauce

¾ pound macaroni, boiled
3 tablespoonfuls butter
3 tablespoonfuls olive oil
2 onions, sliced
1 clove garlic, crushed
⅓ cupful diced carrots
1½ cupfuls diced outer stalks of celery
¾ cupful canned peas
¾ cupful canned string beans
1 minced green pepper
1 cupful canned tomato juice
Salt and pepper to taste
Grated American or Parmesan cheese

Combine the butter and oil in a frying pan together with all the raw vegetables. Let them cook gently in their own juices until the vegetables are tender, occasionally stirring them so that they will not burn. Then add the tomato juice, the peas and string beans, and simmer a few moments longer. Season to taste with salt and pepper. The sauce should be thick. Arrange the macaroni in a deep serving dish, pour over the sauce, and cover thickly with the cheese.

If desired, the macaroni and sauce may be put in a well-oiled casserole, with a sprinkling of cheese between each layer, then be strewn with fine dry bread crumbs mixed with a little melted butter or margarine and with an equal amount of cheese, and baked for thirty minutes in a hot oven—375 degrees F. If this is done, it may be prepared in the morning ready to bake for the evening meal. This is an especially good way to utilize vegetables. The cheese in this dish will reinforce it so that it can act as part of the protein of the meal.

Spaghetti Goldenrod

3 cupfuls cooked spaghetti cut in two-inch lengths
2 cupfuls white sauce
3 hard-cooked eggs

Combine the spaghetti with the white sauce and the egg whites chopped, let stand to become very hot, and arrange for serving on one of the following—thin slices of boiled ham, smoked salmon, or buttered toast. Garnish with the egg yolks pressed through a sieve or potato ricer.

Spaghetti Italian

½ pound spaghetti
3 slices bacon or salt pork
1½ tablespoonfuls minced onion
2 sprigs parsley
½ cupful fresh, canned, or dried mushrooms
2 cupfuls stock
1 cupful tomato pulp
1 tablespoonful flour
1 tablespoonful butter
½ teaspoonful salt
¼ teaspoonful paprika
Grated cheese

Grind or chop the bacon or salt pork, place it in a saucepan and cook slowly until the fat is tried out. Add the onion and allow this to colour slightly in the fat. Chop and add the mushrooms with the stock, parsley, tomato, salt, and paprika, bring slowly to boiling point and simmer until the ingredients have cooked down to a thick sauce. Bind with the flour rubbed to a paste with the butter, cook for three minutes after adding the flour, pour over the spaghetti and lift this several times with two forks so that it may become thoroughly blended with the sauce. Sprinkle generously with grated cheese or pass the cheese in a separate dish.

Calcutta Eggs with Spaghetti

½ pound spaghetti
6 poached eggs
1½ cupfuls thin white sauce
½ teaspoonful curry powder

Cook the spaghetti without breaking it, drain, season, and coil into nests on individual plates. Lay a poached egg in the centre of each nest and pour over the top the white sauce seasoned with the curry powder.

Spaghetti with Mushrooms

1 pound spaghetti
½ pound mushrooms
½ cupful butter
¼ cupful olive oil
1 cupful rich brown soup stock
1 clove garlic
Parmesan cheese

Boil the spaghetti until tender, then drain. In the meantime peel the mushrooms, stems and caps, and dice them coarsely. If the caps are small they may be left whole. Heat the oil and butter together, add the garlic, minced, and the mushrooms, and cook gently together for ten minutes. Then add the soup stock, cook for five or ten minutes more, combine with the spaghetti, letting the mixture stand in a warm place for about ten minutes, and serve with plenty of grated cheese.

Spaghetti Loaf

4 cupfuls cooked spaghetti
1½ cupfuls milk
1½ tablespoonfuls butter
1½ tablespoonfuls flour
¾ teaspoonful salt
⅛ teaspoonful pepper
¼ teaspoonful paprika
1 minced pimiento
3 eggs
Parsley

Melt the butter, stir in the flour and seasonings and gradually add the milk, stirring all the while, to make a white sauce. When this boils, add the cheese, the minced pimiento, and the spaghetti. Then beat the eggs, combine the two mixtures, and transfer to a well-oiled bread pan or mould holding a quart. Set in a pan of hot water and bake in a moderate oven—350 degrees F.—until the loaf is firm in the centre, from fifty minutes to an hour. If desired, the bottom of the mould may be decorated with a whole pimiento, cut into petal-shaped pieces, which may be arranged like a poinsettia, with a centre of a bit of lemon peel and stem and foliage of parsley. The loaf may be served hot or cold, with or without a white sauce accompaniment.

Escalloped Spaghetti, Tomato, and Cheese

4 cupfuls cooked spaghetti
1 cupful grated cheese
2 cupfuls canned or stewed fresh tomatoes
¾ teaspoonful salt
¼ teaspoonful pepper
Buttered crumbs

Butter a baking dish, put a layer of the cooked spaghetti into it, then a layer of grated cheese, then one of the tomato which has been seasoned with the salt and pepper and slightly sweetened, if the tomatoes are exceedingly acid. Continue in this way until all the ingredients are used, sprinkle the buttered crumbs over the top and bake three quarters of an hour in a moderate oven—350–375 degrees F.

Noodles

Noodles may be made at home, but as this entails considerable work, it would seem almost as much a waste of time to do so as to prepare many other things in the household which can be purchased commercially to better advantage. However, those desiring to prepare them at home will find this recipe easy to follow:

1 egg
⅓ teaspoonful salt
Bread flour (about 1⅛ cupfuls)
Water

Break the egg into a small mixing bowl and add a tablespoonful of cold water. Stir in the salt and gradually work in sufficient flour to make a dough as heavy as that for pastry. Turn this out on a moulding board, knead it slightly, and then roll it into a thin sheet as for pie crust. Cover and let it stand for thirty minutes or longer, when it will be somewhat dried. Then roll up and cut into very thin strips with a sharp knife. Use at once as desired, or dry thoroughly for future use.

Entire-Wheat Noodles

Follow the directions given in the preceding recipe, substituting entire-wheat flour for the bread flour.

Noodles Cooked in Broth

Noodles are particularly delicious if cooked in chicken or some other kind of broth or soup stock.

To do this substitute stock for the usual boiling water and serve the noodles fairly well drained with plenty of Parmesan cheese.

Creamed Noodles

Combine three cupfuls of coarsely chopped cooked noodles with two cupfuls of white sauce and let stand to become very hot. A few drops of onion juice may be added, if desired.

Noodles Polonaise

½ pound noodles
3 cupfuls milk
2 hard-cooked eggs
1 cupful coarse bread crumbs
⅓ cupful butter

Heat the milk, break the noodles into two- or three-inch lengths, and cook them in the milk until tender, then add one-half teaspoonful salt. The noodles will have absorbed most of the milk. Serve very hot with the egg finely chopped strewn over the top together with the coarse bread crumbs, which have been fried to a golden brown in the butter. If desired, a little finely minced parsley may also be used.

Noodles with Cinnamon and Sugar

Cook the noodles in milk as in the preceding recipe. When done, add a tablespoonful of butter and serve with sugar

and cinnamon mixed—one teaspoonful of cinnamon to a cupful of sugar, as in making cinnamon toast. If desired, a few of the cooked noodles may be fried in butter and strewn over the top.

Fried Noodles

The noodles, when cut in very thin strips and dried for a few minutes more, may be dropped into fat hot enough to brown a bit of bread in forty counts, and fried until golden brown. They should then be drained on crumpled paper and may be served as an accompaniment to chicken in any form, or to any of the Chinese dishes.

Americanized Chop Suey with Fried Noodles

- 1¼ cupfuls diced, cooked veal or pork
- 2 cupfuls sliced raw onions
- 1½ cupfuls coarsely chopped outer stalks of celery
- ½ tablespoonful sugar, caramelized
- 2 tablespoonfuls peanut oil
- 2 cupfuls meat stock or 2 bouillon cubes and 2 cupfuls boiling water
- Salt to taste
- Soy sauce (optional)
- Fried noodles

Caramelize or brown the sugar in a rather deep, medium-sized frying pan. Add the oil and vegetables and simmer until the latter are almost tender, adding the meat broth about five minutes after they have been put into the warmed oil. Then stir in the meat and cook until the vegetables are absolutely done. Season to taste with salt and pass soy sauce, if desired, or use a little kitchen bouquet, instead of soy sauce, to give a Chinese flavour. Serve with an accompaniment of fried noodles or, if desired, the noodles may be put in a good-sized dish, the chop suey mixture spread over them, and then garnished with some shredded lettuce and quartered, or shredded, hard-cooked eggs.

Noodles Italian

- 1 pound noodles
- ⅓ cupful olive oil
- 3 cloves garlic
- 1 can Italian tomato paste
- 1 green pepper ground fine
- Parmesan cheese (optional)

Boil the noodles until tender in salted water. While this is being done, heat the olive oil, add the garlic and green pepper (if used), and cook them gently for five minutes in the oil. Add to the tomato paste an equal amount of boiling

water, turn this into the oil mixture and cook it until thick, then pour over the noodles which should be well drained, and serve with plenty of grated cheese.

Noodles Lyonnaise

4 cupfuls cooked noodles
1½ tablespoonfuls minced onion
1 tablespoonful minced green pepper
2 tablespoonfuls bacon fat or butter substitute
1 teaspoonful chopped sour pickle
Buttered crumbs
½ teaspoonful salt
⅛ teaspoonful paprika

Be sure that the noodles are cooked until very tender and thoroughly drained. Cook the onion and pepper in the bacon fat or butter substitute, add the chopped pickle, and turn the mixture into the cooked noodles with the salt and paprika. Toss all thoroughly together, turn into a hot serving dish and sprinkle with buttered crumbs.

POPCORN

This old-fashioned cereal does not deserve to be forgotten, for in addition to being delicious, it is one of our very best bran foods, belonging to the bulky class. Besides, it contains minerals and starch and can be used in many different ways.

In popping corn, to get the best results, the kernels should be sealed before popping, that the corn may cook the more thoroughly by having the explosion more violent and perfect. This may be done by the use of either a corn popper, skillet, or deep kettle. If the popper is preferred, put in a half cupful of shelled corn at a time, or with a skillet, enough only to cover the bottom. Where popcorn is suspected of not being quite fresh, pour it into a sieve and let water run from the faucet over it about two minutes, then drop the kernels into the popper. Dry more thoroughly by shaking well if a skillet is used. Some pour boiling water upon corn that is not fresh and let it stand five minutes, then drain or turn it out on a soft cloth to dry before popping.

The Popper Method

For the popper method, shake the corn over a hot fire until all the kernels have exploded, then place in a bowl; sprinkle with salt, mix well, and serve. If buttered corn is preferred,

allow one tablespoonful of melted butter to each quart of popped corn and pour on to it, mixing as poured.

The Skillet Method

Popping in a skillet or deep kettle will combine in one process sealing the corn, buttering, and popping. Where a skillet is used, have a close lid which will stay down during the shaking process. With a deep kettle have a heavy paper or tin cover with a hole in the centre to allow of a long spoon being admitted; fasten a wooden clothes pin to the end of the spoon, and stir constantly after placing the corn in the (hot) kettle.

With both skillet and deep-kettle methods, heat the vessels, then put in a heaping tablespoonful of butter. See that this coats the entire vessel (by tipping) then pour in, for a moderate sized skillet, three-fourths cupful of shelled corn; for a deep kettle, more. One pint of the shelled popcorn will make from fifteen to twenty pints of popped corn. Shake or stir uncovered till each grain is coated with the hot fat, then cover and continue to shake or stir gently till the process is completed.

Pour the popped kernels into a large bowl and sprinkle with salt, serving at once. To add the salt while the corn is popping will toughen.

Popcorn Breakfast Food

In the food chopper grind sufficient popcorn to make three cupfuls; sprinkle this into two quarts of boiling water containing a teaspoonful of salt, then follow the general directions for the plain cooked cereals. This is a wonderful laxative food.

If desired, oatmeal may be substituted for part of the popcorn, in which case the cereal is smoother in texture.

Popcorn with Soups

Plain buttered popcorn or devilled popcorn may be served with any kind of soup instead of croutons; or, if desired, a stock or cream soup may be reinforced by the addition, to one quart of the soup, of three-fourths cupful of ground popcorn cooked in the soup for at least fifteen minutes.

Devilled Popcorn

Prepare the popcorn as desired and to each cupful add one-third teaspoonful paprika.

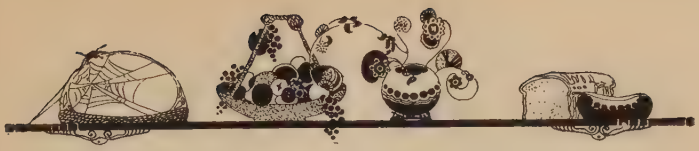
This is delicious as an accompaniment to salads.

Popcorn Savoury Balls

Combine one cupful of popcorn, put through the food chopper, and a cupful of soft grated American cheese; season to taste with salt and pepper and moisten so that the mixture will stick together with mayonnaise. Form into balls, roll in a little extra ground popcorn, and serve with fruit or vegetable salads in meatless meals.

Popcorn in Candies

Freshly popped corn which has been salted or buttered may be used in many candies in place of nuts, such as fudge, peanut brittle without the peanut! nutless nut bars, etc.



The Whole Loaf

Once upon a time
There was a woman
Who loved
Beauty.
She longed to paint, to make fine music.
But her life was cast in other lines.
Disappointment embittered her soul.
"Shall I live forever in a dream of what I cannot be?" she said.
"Because my time must be given to homely tasks and the care of children, shall I never express beauty?"
She visited a gallery.
She saw a picture—a perfect thing.
Fruit arranged in a basket, and some garden flowers.
And near-by another—a quaint bowl of milk—a loaf of bread and a blue-eyed child.
"I have fruit, and a basket covered with dust," she said.

It was time to feed the Littlest Child.
He was blue-eyed.
There was a wholesome loaf.
On the top shelf was a quaint bowl.
She put it before him—filled with milk.
The scales fell from her eyes—
She had the Whole Loaf.

CHAPTER XII

YEAST BREADS

(All measurements are level)

IN THE phrase "our daily bread" lies considerable food for thought. Supposing that we were to give this important commodity its rightful place in the dietary, the reduction of other foods would be made possible. Bread would take its place as a basic and staple feature of the meal; for bread is not an accessory and should not be so considered. It is a definite food, and when it is used must become, and be recognized as, a component part of the meal itself. Few women have realized this in planning their meals, tucking in bread here and there as a mere adjunct.

When a whole-grain bread is served, such as entire wheat, whole ground cornmeal bread, undenatured rye bread, etc., vitally needed minerals are introduced, making it unnecessary to use so many other mineral foods. If mothers would only insist that their children eat plenty of these whole-grain breads, the dentists' bills of the nation would be cut down one third. Furthermore, cases of anemia and nervous irritability would certainly be on the wane rather than on the increase, as at present.

The introduction of these whole-grain breads means quickened vitality, better digestion, stronger, steadier nerves, rosier cheeks (without rouge), and skins that are free from blotches, because the whole grains not only bring minerals and vitamines, but they include as well that cleansing element, which depends on bulk.

But what of the white bread, that good old standby, particularly of the American nation? What place does it occupy in the dietary? Should it be abolished? There is a place for every food which is wholesome and nutritious, if that food is properly introduced into the diet. When white

bread is used, additional minerals and vitamines must be supplied through different foods, such as milk (this explains the natural desire for the combination of bread and milk), eggs, green vegetables, etc. (Choose milk bread when possible.) In other words, *white bread must be used in proper combination with other foods which supply its lacking elements* else the body is liable to suffer.

First and foremost, all breads contain a maximum amount of starch, and when a bread is served no more than two other starches (in moderate quantities) should appear. Whereas white bread contains certain other elements it is primarily an energy or starchy food.

When a goodly percentage of coarse entire-wheat flour, water-ground cornmeal, bran, or other coarse undenatured cereal is used, the bread becomes *also* one of the two or three bulky foods needed in balancing up each meal. At the same time, according to the axiom that two bodies cannot occupy the same place at the same time, the amount of starch is decreased to make way for the bran.

When nuts are introduced, or a large number of eggs, as in the making of a rich coffee cake, the bread becomes a partial meat substitute.

If raisins, dates, or currants are added, minerals and bulk have been introduced, while if a large amount of sugar and fat has been put in—as in making certain rich fancy breads—it becomes a sweet as well, and should be so considered.

The following menus make this clear:

Dinner Menu with Plain White Bread

Tomato Bouillon
Meat Loaf Brown Gravy
Mashed Potatoes Spinach
White Bread and Butter Celery
Apple Tapioca Marshmallow Cream Sauce
Coffee

(The three starches are bread, potatoes, and the tapioca.)

Supper Menu with Nut Bread

Cream of Corn Soup Croutons
Nut Bread and Butter
Vegetable Salad
Apple Sauce Shortcake Tea

(The *nuts* in the bread and the milk in the soup act as meat substitutes.)

Luncheon Menu with Entire-Wheat Raisin Bread

Fruit Salad
Entire-Wheat Raisin Bread and Butter
Cocoa made with Milk

(In this case the bread acts as a starch, bulky food, and sweet, and *more should be provided* than usual, as so few foods are being served.)

Home-Made or Bakers' Bread

I am often called upon for an opinion regarding the relative advantages of bakers' bread and home-made bread, and I really think that individual circumstances must be the deciding factor. For those living in the country there is not much question—it is as much a matter of course to make the bread as to make the bed, but for those of us who live in either cities or towns where it is possible to buy reasonably priced, well-made bakers' bread, we are apt to consider it time wasted to attempt baking at home.

Bakers' bread, generally speaking, is good, wholesome, of fine grain and texture, and well flavoured, and where the family is small and not much bread is eaten, it is oftentimes more profitable to buy than to make; but we do grow tired of bakers' bread, and even for the small family the home-made loaf is a delicious treat—and the home-maker at least wants to know how to make bread for occasional use, even if she does not want to make the process part of her weekly routine. People say the art is difficult, but I cannot agree with this, for once what we may call the "knack" of bread making is learned, the work is simple, speedy, and very well worth while.

But—how about the bakery from which the bread comes? Is it sanitary, wholesome, and day-lighted? Are the workmen clean? Are really good ingredients used in the bread manufacture? How are the finished loaves handled? Are they sold wrapped or unwrapped? Are they exposed to the dust and dirt of the street during delivery to store or house? In other words, what happens to your loaf of bread in its

journey to your kitchen? Every thinking woman will investigate these points before she purchases bread for her family, and every honest baker will welcome investigation.

While travelling on a lecture tour through ten states I found it almost impossible to secure anything but white bread at the bakers'. In each case I asked why entire-wheat bread was not on sale. In every instance the answer was the same: "There is no demand!"

Who creates demand? The housewife. Who buys the food? The housewife. Then whose fault is it that these splendid whole-grain breads are not commonly on sale throughout the country?

The Necessary Equipment

The few utensils needed comprise the following: large mixing bowl, flour sifter, small bowl, measuring cup, and quart measure, spoons, flexible knife, pitcher, moulding board, bread pans.

I prefer an earthen mixing bowl because, being heavy, it retains warmth better than the thinner enamel, so if you are purchasing the bowl specially for bread making, let it be of good size and made of earthenware. Of course you have a flour sifter and, indeed, all of the other utensils enumerated above. The bowl is used when the bread is mixed by hand, but for those intending to make bread regularly I strongly recommend the use of a bread mixer. It always seems to me that the less food is handled the better, and with a bread mixer it is not necessary to place the hands in the dough at all until shaping the loaves for baking. Besides, a bread mixer means a saving of flour as well as of time, a fourth less flour being needed, as in hand-kneading the dough must be stiffer.

A bread mixer with a side handle is the easiest to manipulate, although the bread is good made in any commercial bread mixer with which I am familiar. In using a bread mixer be very careful to follow the rules given as to the order of the incorporation of ingredients, for unless this precaution is taken much unnecessary work will be entailed and the bread will not be thoroughly satisfactory.

Ingredients Used in Bread Making

The Flour

We are often told in recipes that bread flour should be used for bread and pastry flour for pastry—but what is bread flour and what is pastry flour, for both come from the wheat grain? Bread flour, however, is usually made of hard spring wheat and pastry of soft winter wheat. Very commonly, though, a blended flour is used, but the main point is that good bread flour is rich in gluten whereas pastry flour is poor in gluten but rich in starch. Another commonly accepted rule is that good bread flour is a flour which takes up a large proportion of water, while pastry flour, on the contrary, can be moistened with a very small amount of water.

Our great flour mills keep corps of experts continually at work testing and blending, making up batches of bread under every possible varied condition, and blending flour so as to take away all uncertainty, so that when buying bread flour we know that there is no testing left for us to do, but that by following definite bread-making rules we shall be sure of attaining the handsome, wholesome loaf. Thus science and chemistry do for us what our grandmothers had to do for themselves, and make our housekeeping and especially our cooking easy and certain.

But the miller cannot do everything—it is our province to see that this well-graded product receives as much care and consideration in our homes as it did in the mill when being prepared for our use. It must be kept in a thoroughly dry place and be thoroughly sifted before using. It stands to reason that flour which has been stored for any length of time either in sacks or bins must become packed; the sifting lightens it, separates the grains, and above all makes it possible to measure accurately. Just for your own satisfaction measure a cupful of flour taken from the sack or bin, then sift it, re-measure, and note how much there is left over. *All recipes calling for flour mean flour which has been sifted once before measuring.*

Wheat Substitute Flours

Prior to the war we paid comparatively little attention to wheat substitute flours; in fact, most of us regarded entire

wheat as a substitute for the usual bread flour, and unless we were of foreign birth, paid little or no attention to rye, and those of us who lived in the North scarcely knew that cornmeal existed. Oats in bread making were almost never used, while buckwheat, barley flour, rice flour, soy-bean meal, peanut flour, potato, banana, and cotton-seed flour were entirely new to almost everyone.

As a matter of fact, many of these substitute flours—which are really not substitutes at all, but which are in a class by themselves—do not work out well if used alone in making bread because they do not contain sufficient gluten. However, there is no doubt but that before many years have passed, several of them, at least, will become everyday commodities in the making of quick breads and other food, if not yeast breads, and that many of them have received an impetus during the war that has already caused them to be stocked on the shelves of many a grocer.

We have the most wonderful agricultural facilities and production of all of the nations, we have a treasure house that is almost inexhaustible; the amount that we use of these food treasures depends largely upon our willingness to try out that which is new.

In buying wheat-substitute flours, they should not be purchased in large quantities, but rather from week to week, as they are liable to spoil. In using them instead of ordinary bread flour, the time of baking or steaming must be increased at least one third, while the heat of the oven should be about twenty-five per cent. less, as they demand longer cooking because of the bran they contain.

It must be kept in mind, also, that most of these flours have greater powers of absorption than bread flour, so the batters in which they are used are somewhat thin in appearance. These flours call for more salt and more flavouring than when bread flour is used. The substitute flours give excellent results if two or three are used together, as barley flour with cornstarch, or potato or rice flour; ground oats or oat flour combined with corn flour; barley flour combined with cornmeal, and so on. In this way the flavours are blended, no single one predominating.

Whenever substitute flours are used in place of bread flour, the resulting loaf will be smaller in proportion to its weight

than when all-wheat flour has been used. This is because of the lack of gluten, which does not make so great an expansion of gas possible.

In making breads of substitute flours, quicker results are gained when the bread is started with a sponge. Better results are obtained when from fifty to seventy-five per cent. of wheat flour is used with the remainder substitute flour, and good results can be obtained when equal proportions of both are used. It is impossible, however, to get a perfect loaf without the use of a certain amount of wheat flour, either bread flour or entire wheat.

The Yeast

There are two forms of yeast from which we may choose—compressed and dry. The compressed yeast is wrapped in tinfoil and is regularly delivered to the dealers, the dry yeast is blended with a little cornmeal, then thoroughly dried and sold in packages. Each type makes excellent bread. However, each requires certain individual treatment.

Yeast is a one-celled plant or organism requiring certain definite conditions of temperature, food, and moisture for its growth. It feeds upon sugar and starch. The temperature best suited to the multiplication of yeast cells and consequent leavening and lightening of the dough in which it is used is between seventy and ninety degrees F. It is destroyed by heat at a temperature of one hundred and thirty-one degrees, and by cold at approximately forty degrees. At the temperature indicated it grows rapidly and in consequence remains sweet, but if kept for an extended time at too low a temperature it is apt to develop acid properties and to cause sour bread.

In view of the fact that when bread is spoiled in the making we are all liable to blame the yeast, it may not be amiss to have yeast tests which will indicate definitely whether that yeast is "active," for it would be much wiser to discard a poor yeast cake than to spoil a batch of bread—not that there is much likelihood of the yeast being bad. I do not think that I have, in all my experience, had more than two or three imperfect yeast cakes, but here are tests which will be found dependable:

Testing Compressed Yeast

Put the cake of yeast into a small bowl or a cup with one teaspoonful of granulated sugar and press and work the two together with the back of a spoon. If the yeast is "active" it will unite with the sugar and begin to "work"—the first evidence of that working being that the two dry ingredients will blend and become liquid within half a minute. If the yeast and sugar do not liquefy within a reasonable length of time, discard them and procure a fresh cake of yeast.

Testing Dry Yeast

Place in a bowl one dry yeast cake, one cupful of lukewarm water (98 to 105 degrees F.), and one tablespoonful of flour; break up the yeast cake and allow these ingredients to stand together in a moderately warm temperature (75 to 80 degrees F.) for half an hour, by the end of which time the surface of the mixture should be light and covered with bubbles.

Remember that over-heated or scalded yeast is dead yeast, and that chilled yeast is sleeping yeast; there is hope of restoring the latter but no remedy for the former; therefore, if one must err on one side or the other as regards temperature let it be on the side of having the yeast too cool. However, with proper care it should not even be chilled.

The amount of yeast to be used depends upon the length of time allowed for the rising of the bread. If the process can extend overnight, one quarter of a compressed yeast cake is allowed to each loaf. If the bread is set in the early morning when it can be watched, and made up as soon as sufficiently raised, the amount of yeast may be doubled.

The Liquid

Milk or water, or a mixture of the two, may be used in bread making. If milk is used it is a wise precaution to bring it to boiling point first and then cool it. The temperature of the liquid is of the utmost importance; it should be what we know as lukewarm, or about 98 to 105 degrees F.; if not using a thermometer, one part boiling to two parts cold

liquid will give the right temperature. Bread made with milk has a softer crust and is whiter than bread made with water.

The Shortening

It is a matter of individual taste whether shortening (butter, lard, carefully rendered drippings, or vegetable fat) is used or omitted in bread making. It gives a softer, more tender bread, especially as regards the crust. Two tablespoonfuls of shortening to sufficient flour for four loaves is the right quantity. The simplest way to add shortening to bread is to melt it by pouring the boiling portion of liquid over it and seeing that it is thoroughly dissolved before being combined with the flour.

When the amount of shortening is increased so that the loaf is greatly enriched, we step into the realm of fancy breads, such as coffee cakes, etc. The same general rule applies to the use of a sweetening agent, which is not necessary in the making of plain bread, but which is used in varying proportions in sweet rolls, coffee cake, and other sweet breads.

Accuracy in Bread Making by Use of the Thermometer

Perhaps one reason for our preference for bakers' bread is our feeling of uncertainty as regards our own results, but if we adopt his accurate methods we can have just as exact results. He does not measure by "rule of thumb," nor does he leave anything to guesswork, but weighs and measures every ingredient, tests and experiments until he has found the best method and the best temperature for his purpose.

How many of us have a thermometer in the kitchen? I do not mean just an oven thermometer, but one by which we know the temperature of that kitchen, one which we can insert in the liquid to be used for our bread making, or insert in the dough itself while it is rising, or "proving," to use the technical term, so as to be definitely sure that all working conditions are just as they should be. Yet the baker uses a thermometer for every process of bread making—that is why we can buy a certain brand of bread this week, next week, or next month, and be sure that it will always be the

same. No baker can afford to depend on "luck"—bread making to him is "bread and butter."

Setting the Bread to Rise or Prove

After the sponge or the straight dough has been put together, the bread is set aside to rise or become light. The temperature at this stage is of great importance, the proper heat for the growth of yeast being not lower than seventy and not higher than ninety degrees F. In summer the lower temperature is preferable, while in winter, when the ingredients are cold, a higher temperature may be used. In case the straight dough has been mixed up, a little liquid fat should be rubbed over the top to prevent the formation of a crust before the cover is put on, and if the bread bowl itself has been rubbed with oil, the bread dough will not stick to it and be difficult to wash off when it is turned out on the board for final kneading.

After covering, the bread should be set in a warm place. This does not mean directly on top of a radiator or on the back of a stove, as either of these are too hot and will produce bread that is dark in colour and coarse in texture. The best place to put bread to rise is in the fireless cooker, a stone being heated to ninety degrees F., a pan of water at one hundred degrees being put in, the utensil containing the bread dough being in turn set in this. The fireless cooker may then be closed and the yeast plants will be left at liberty to grow normally, free from draught or exposure. If there is no fireless cooker, the bread dough can be set in a pan of water, the bottom of the utensil containing the dough barely touching the water. If set in a warm corner, out of a draught, and if the water is changed occasionally, the rising process will go merrily on.

If bread making is a weekly or bi-weekly process in the home it will be found well worth while to make a proof box which can be kept for the purpose of raising or proving the bread. This may be an ordinary plain wooden-covered box, lined with excelsior or cotton batting, covered with canton flannel or any other preferred fabric such as table oilcloth, in which the bowl containing the bread dough may be placed, the cover put in position, and the dough set aside to rise, warm, dry, and out of the way.

The Baking of Bread

After the bread has been properly raised, or has become light, which may be judged by the fact that it should double in bulk and feel puffy and spongy, it should then be turned out on the bread board and shaped into loaves. After this final raising it is not customary to knead the bread again but merely to cut it down to allow the bubbles of gas to escape and to shape it with as little kneading as possible into loaves or what not. It should then be put into the pans, which have been slightly oiled.

The pans should not be large or round, but of medium size, about seven and a half inches deep. Pans that are too deep usually make bread coarse and soggy, while if they are too shallow and wide the bread is liable to be dark with a very brittle crust. It is difficult to bake a very large loaf of bread thoroughly in the centre. The bread in the pans should be covered with a clean cloth, allowed to rise until doubled in bulk, and then baked.

Almost as much of the success of bread making depends on proper baking as on proper raising. The simplest rule to follow, simplest because it applies to any sized loaf, is to divide the baking time into three equal periods; for instance, if a loaf is to be baked for one hour divide the baking time into three periods of twenty minutes each. During the first of these have the oven only moderately hot—about 350 degrees—during the second period increase the heat to from 375 to 400 degrees, and during the third period reduce the heat again to 350 degrees.

Of course, there's a reason! The moderate heat allows the bread to rise as it should do after being put into the oven for we expect our loaf to be larger when it comes out than when it went in; but if we were to allow it to continue to bake very slowly it would probably run over the sides of the pan, we should not have the crust that we desire, and the bread would be of poor texture and grain; but by increasing the heat after the loaf has risen to its proper height, we set and bake the dough, secure the crisp golden-brown crust, and complete the process of fermentation changing part of the starch into dextrin. After the crust is formed and baked to the right colour, the temperature of

the oven is lowered in order to cook the centre of the loaf thoroughly.

If the oven were very hot at the beginning of the baking process the crust would be formed too soon and the result would be either a very close-textured, rather heavy loaf, or if the dough were strong enough, the fermentative gases might burst the crust, making a loaf which would run over the sides of the pan or split at the side and be most unshapely.

When the bread is baked, the crust should be rubbed gently with a little butter or good margarine, if a tender result is desired. For a crisp crust, a little slightly beaten egg white should be brushed over the loaf when it is almost done; omit the butter "rub-down."

Care of Bread after Baking

It is just as important that bread should be properly cared for after it is baked as before. When taken from the oven do not lay it flat on a table or board, but either stand it against some upright object so as to allow a free current of air to pass around it, or better still place the loaves on a wire cooling rack; lacking one, rest the wire shelf from the oven on two inverted bowls or cups and allow the bread to remain there until thoroughly cold; then store it away.

You probably have your own choice of container. Some like a ventilated tin box, others an earthenware jar. Both have proved satisfactory, but both must be kept spotlessly—surgically—clean, scalded, dried, and given a sun-and-air bath at least every second day.

No pieces of bread or crumbs should be allowed to accumulate and grow mouldy, for there are many ways to use them. (See section on Left-overs.)

Methods of Bread Making

There are two methods of bread making—(a) the sponge method, and (b) the straight dough method.

The Sponge Method

By the sponge method a thick batter is made, using all the required liquid, the yeast, salt, and enough flour to give the batter the desired consistency—it should be about the thick-

ness of a muffin mixture. A very little sugar or sugar solution may be added to hasten the process of rising.

A smaller amount of yeast may be used in bread made by the sponge method than when the straight dough is employed, as yeast rises more rapidly in a semi-liquid mixture than in one which is firm.

After the sponge has become light, that is, after the yeast has become thoroughly "active" and the mixture is filled with consequent gaseous bubbles, the remainder of the flour is added and the mixture kneaded to an elastic dough, either by hand or in a bread mixer, from which point it is treated the same as for a straight dough.

Straight Dough

A straight dough is one in which the ingredients are all blended at one time, kneaded, and the dough set aside to rise. By using a larger amount of yeast, bread may be quickly made by the straight-dough method, or it may be allowed to rise for a longer period and less yeast be used. The ingredients after blending must be kneaded until smooth and elastic, then set aside to rise as in the case of bread made by the sponge method.

Night or Day Bread

The next question to be decided is whether bread should be set at night or whether it is wiser to make it in the daytime. Here again individual conditions must be the determining factor. In cool weather there is no reason why bread should not be set the last thing at night and allowed to rise while the cook rests, then the first thing in the morning it will be ready for moulding into loaves and the baking can be out of the way early. However, in very hot weather it is unwise to set bread at night because it may over-rise and sour. True, the baker sets his bread at night but he is at work at a very much earlier hour in the morning than would suit the average housekeeper.

In setting bread at night it is permissible to have the liquid slightly cooler than when the day method is used, because of the additional time which may be allowed for the rising process. At any event, when the night method is employed, the bread should be set the last thing before retiring and moulded as early as possible next morning.

In making day bread, however, the process is entirely controllable, and as the results are equally good, in most cases—except when dry yeast is used, when it is advisable to set the sponge in the evening—it will be found quite as satisfactory to carry out the whole five- or six-hour process in the daytime.

NOTE: The length of time that will be needed to carry out the entire process of bread making has been linked with each recipe. In case the method is a day-time one and it is desirable to set the bread or rolls overnight, reduce the amount of yeast one half. In case it is desirable to hurry up the process, the amount of yeast should be doubled. This refers only to compressed yeast. The dry-yeast recipes must be worked exactly as they stand.

LOAF-BREAD MAKING

White Bread

(Six-hour method. Straight dough made with compressed yeast)

1 compressed yeast cake
2 teaspoonfuls sugar
1 quart lukewarm liquid (Milk or water or a mixture of the two)
2 tablespoonfuls shortening
3 quarts bread flour
3 teaspoonfuls salt

Put the yeast and sugar together into a cup and work them with the back of a spoon until the yeast liquefies. Add two-thirds cupful of lukewarm liquid and one tablespoonful of flour, beating the flour into the liquid, and set aside to rise while preparing the other ingredients. Sift the flour and salt together into a large mixing bowl, make a hollow in the centre, and into this pour the remainder of the liquid in which the shortening has been dissolved; add also the prepared yeast. Gradually work in part of the flour, beating smoothly with a large spoon. As soon as the mixture is thick, work in the remainder of the flour with the hands and knead until smooth and elastic—this will take about ten minutes. Turn smooth side uppermost into an oiled bowl, brush over with a little vegetable oil or melted shortening to prevent the formation of a crust, cover and set aside in the proof box or in some moderately warm place—75 to 80 degrees F.—free from draughts until the dough has doubled its bulk—from three to

four hours. Now, turn the dough out on to a floured board, divide into loaves, knead slightly, place in oiled bread pans, cover, and again let rise until it has doubled its bulk—about one hour. Bake as directed from forty to sixty minutes according to the size of the loaves.

White Bread

(Five-hour sponge method with compressed yeast)

1 compressed yeast cake
5 cupfuls lukewarm water
2 teaspoonfuls sugar
2½ tablespoonfuls shortening
4 quarts bread flour
4 teaspoonfuls salt

Put the yeast and sugar into a cup and work them together with the back of a spoon. As soon as the yeast liquefies add the lukewarm liquid and one fourth of the flour, beating this into the liquid so as to form a heavy batter. Set aside in the proof box or in a moderately warm place free from draughts until the yeast is thoroughly "active" and the top of the batter full of bubbles. Now add the remainder of the flour, gradually knead the mixture into a smooth elastic dough, and from this point proceed exactly as in the making of bread by the straight-dough method, except that the dough will be ready for moulding into loaves at the end of from two to three hours.

To Make White Bread with Dry Yeast

(Overnight method)

1 cake dry yeast
1 quart lukewarm liquid
3 quarts bread flour
3 teaspoonfuls salt
2 tablespoonfuls sugar
2 tablespoonfuls shortening

Crumble the yeast cake into half of the liquid and allow the two to stand together about twenty minutes in a warm place. Add one quart of flour, beat this in thoroughly, cover and place in the proof box or in a moderately warm place, and allow it to remain overnight. In the morning add the remaining pint of lukewarm liquid, having dissolved the sugar, salt, and shortening in it. Add the remainder of the flour and mix to a smooth elastic dough. Knead for ten minutes, place in the proof box, and allow it to rise for three hours. Knead down and let the dough rise again for one hour. Now mould into loaves and proceed according to the directions for making bread with compressed yeast.

The Evolution of Plain Dough

Whether bread dough is made with compressed yeast or with dry yeast, it can be used as a basic recipe for the making of a group of other breads.

If this is done, considerable time and energy can be saved, and when the baking is accomplished, instead of having merely two or three loaves of bread, one can easily plan to work out from the plain bread recipe biscuits and old-fashioned fruit cake, have some fried bread balls for luncheon, and a cinnamon loaf or coffee cake besides. To be sure it may be necessary to increase the amount of mixture made, but, especially if one is using a bread mixer, this entails little or no extra work.

The proportions of ingredients differ for the various breads, but when the whole matter is actually sifted down, there are only so many ingredients that go into the making of any one of these yeast foods, and it is merely the variations or the changes of flavouring that are rung in, which really make variety.

Throughout this section it will be found an interesting study to watch the evolution of bread dough, from the plain loaf with its four or five ingredients through to the end of the chapter, with its ultra fancy and delicious French breads. Some of these, "Baba," for example, are used as desserts in the most exclusive hotels and in homes where the most elaborate cookery has become a fine art, yet the principles of making and the real ease of the process are the same in every respect.

Raised Biscuits

Into a portion of dough about as large as would be used for a two-pound loaf of bread work two additional tablespoonfuls of shortening and a tablespoonful of sugar (optional). Roll out on a well-floured board, cut into biscuits with a small cutter, and place them close together in an oiled baking pan. Cover and allow them to rise until very light (probably about one and one-half hours); brush over with milk and bake in a hot oven—375–400 degrees F.

If a highly glazed surface is desired, brush over with cornstarch glaze five minutes before taking from the oven.

Fried-Bread Balls

Break or cut pieces the size of a large walnut from bread dough. Drop them into deep frying fat hot enough to brown a bit of bread in a minute—350 degrees F.—and cook four to five minutes. Drain on crumpled unglazed paper and serve plain as a breakfast bread, or with maple or other syrup as a simple dessert.

Yeast Dumplings

Break from well-raised bread dough pieces the size of a large walnut, work them lightly with the fingers until smooth, then drop them into rapidly boiling water and cook fifteen minutes. Or place in a steamer over boiling water and cook thirty minutes. Lift out carefully and serve as a dessert with butter and brown sugar, or with maple or other syrup.

Cinnamon Loaf

To four cupfuls (two pounds) of well-raised bread dough add two tablespoonfuls of softened butter, one well-beaten egg, and two tablespoonfuls of sugar. Beat these all into the dough with the hand—it will be rather sticky at first, but gradually it will become manageable. Roll out on a well-floured board from three fourths to an inch thick, place on a slightly oiled baking pan and again set aside to rise from one to one and one-half hours, or until very light. Make gashes across the top, using a sharp knife, brush with beaten egg or milk and sprinkle generously with sugar and cinnamon mixed in equal proportions. Bake about three fourths of an hour in a moderately hot oven—350–375 degrees F.

Raised Fruit Cake

To a portion of dough as large as for an ordinary loaf (two pounds) add three tablespoonfuls of softened butter or other shortening, three tablespoonfuls of brown sugar, one-half teaspoonful of mixed spices—cinnamon, ginger, cloves, and nutmeg—one well-beaten egg, one-half cupful of candied citron or orange peel, and one cupful cleaned raisins or currants. Work these thoroughly into the dough, turn into a large well-oiled cake pan, and place in the proof box to rise until almost

doubled in bulk—about one to one and one-half hours. Bake in a moderately hot oven—350–375 degrees F.—from one to one and one-fourth hours.

If desired, frost when cold with a plain sugar-and-water icing.

Coffee Cake

To four cupfuls (two pounds) of bread dough add one-half cupful of shortening, one-half cupful of sugar, two eggs, and one-half cupful of flour creamed together. Beat thoroughly, let rise until light, then spread in a well-oiled shallow pan, brush over with melted shortening and sprinkle with sugar and cinnamon mixed together. Set aside to rise until doubled in bulk, then bake in a moderately hot oven—350–375 degrees F.—from twenty to twenty-five minutes.

French Bread

(Overnight method)

The essentials of French bread are that it must be made with water, not milk, without shortening, and be very thoroughly baked.

1 compressed yeast cake
2 teaspoonfuls sugar
1 quart lukewarm water
3 quarts bread flour
2 teaspoonfuls salt

Work the yeast and sugar together with the back of a spoon. Add the water and salt and pour into a hollow in the centre of the flour which has been sifted into a large mixing bowl. Work to a smooth elastic dough, cover and set in the proof box until it has doubled in size—about four hours. Now knead slightly and again allow the dough to rise until doubled in bulk. Divide into three or four portions according to the size of the loaves desired, mould into long loaves, lay these on floured baking sheets, and again set in the proof box to rise until they have doubled their bulk. Bake about one hour and twenty minutes; before they are done brush each loaf over with cornstarch glaze to give the bread the distinctive appearance which belongs to a French loaf.

French bread is always baked on flat sheets, not in pans.

Entire-Wheat Bread

(Seven hours)

1 compressed yeast cake
2 teaspoonfuls sugar
3 cupfuls lukewarm water
1 tablespoonful shortening
2 teaspoonfuls salt
About 2 quarts entire-wheat flour

Work the yeast and sugar together with the back of a spoon, add these to the lukewarm mixture in which the shortening has been dissolved, then pour the mixture into a hollow in the centre of the flour which has been sifted with the salt. Beat in a portion of the flour, and as soon as stiff enough to handle, knead to a smooth elastic dough, remembering that owing to the larger amount of gluten in entire-wheat flour, entire-wheat or whole-wheat bread must be made softer than white bread. Knead thoroughly about fifteen minutes, cover and set in the proof box to rise from four to five hours. (Whole-grain breads always take longer to rise than white bread.) Divide into portions, knead slightly, and place in oiled bread pans. Return to the proof box to rise until doubled in bulk. Bake from forty-five to sixty minutes, having the oven moderately hot to begin with, not over 350 degrees F., increasing the heat to 375–385 degrees, then reducing it again for the last period of baking.

If the flour is coarse do not sift it as directed, just stir it up well to lighten it before measuring.

Unkneaded Entire-Wheat Bread

(Six hours)

1⅓ compressed yeast cake
½ cupful lukewarm water
2 cupfuls scalded milk
1 teaspoonful salt
½ cupful molasses
Entire-wheat flour

Stir the molasses and salt into the milk and, when lukewarm, add the yeast dissolved in the warm water. Beat in the flour until the mixture is almost thick enough to knead (about six cupfuls will be needed), then cover and set aside to rise until doubled in bulk. Then cut down, transfer to well-oiled bread pans, smooth over the top with a knife, let stand until almost doubled in bulk, and bake one hour in a slow oven—325–350 degrees F.

THE EVOLUTION OF BREAD DOUGH

The loaf, coffee cake sprinkled with almonds, finger rolls (cinnamon loaf recipe), braided bread sprinkled with poppy seed, Parker House rolls—all from the same mixture

LEARNING TO COOK

It's never too soon to begin to train the little home partners!

Entire-Wheat Nut Bread

(Six hours)

2 cupfuls milk, scalded
2 tablespoonfuls molasses
½ tablespoonful salt
1 compressed yeast cake
⅓ cupful lukewarm water
2 cupfuls white flour
½ cupful coarsely chopped nut meats
Entire-wheat flour to knead, about 6 cupfuls

Scald and cool the milk until lukewarm, add the molasses and salt, and the yeast dissolved in the warm water. Then beat in the white flour and enough entire-wheat flour to knead. If a bread mixer is used five cupfuls of flour will be ample. Set to rise in a well-oiled bowl, wiping over the top with a little milk to prevent the formation of a crust. When doubled in bulk shape into two loaves, put in well-oiled pans, cover, and set to rise, and when almost doubled in bulk, bake fifty minutes in a moderate oven, starting at 350 degrees F. and lowering the heat during the last ten minutes. When done brush over with a little butter or butter substitute. If genuine entire-wheat flour is used, it may replace the white flour.

Entire-Wheat Raisin Bread

Substitute in the above recipe one and one-half cupfuls of chopped seeded raisins for the nut meats, or use half nuts and half raisins for nut and raisin bread.

Unkneaded Rye Bread

(Three and a half hours)

2 cupfuls rye meal
2 cupfuls bread or entire-wheat flour
2 tablespoonfuls sugar
1 compressed yeast cake
1 tablespoonful butter or a substitute
2 cupfuls water or milk

Dissolve the yeast in a half cupful of the liquid, then combine it with the remainder. Stir in the shortening and beat in the dry ingredients which have been well mixed. Beat well, transfer to two small well-oiled bread pans, let rise until doubled in bulk, and bake forty-five minutes in a moderate oven—350 degrees F.

In substituting dry yeast for the compressed, soften it in a half cupful of the liquid, stirring in the sugar and a half cup-

ful of the bread or entire-wheat flour, and let stand in a warm place two or three hours, until frothy and light, before adding it to the other ingredients.

Bran Bread

(Five hours)

1 compressed yeast cake
2 cupfuls lukewarm water or milk
2 tablespoonfuls molasses
4 cupfuls entire-wheat flour
2 cupfuls bran
1⅓ teaspoonfuls salt
2½ tablespoonfuls melted shortening

Crumble the yeast cake in one cupful of the milk or water which has been scalded then cooled until lukewarm. Set aside for ten minutes to "start" the yeast, then add the remaining liquid, the salt, molasses, and shortening. Work in the flour and the bran, knead thoroughly, brush over with melted shortening, cover and set aside to rise until the dough has doubled its bulk. Divide into two portions, knead each slightly, place in oiled bread pans, cover with a cloth, and set aside in the proof box or a warm place until the dough has again doubled in bulk. Bake in a moderate oven—350–375 degrees F.—from three quarters to one hour.

Nut Bread

(Five and one-half hours)

1 compressed yeast cake
1½ cupfuls milk
½ cupful sugar
2 cupfuls flour
3 tablespoonfuls shortening
A scant cupful of chopped nut meats
⅔ teaspoonful salt
Bread flour to knead

Scald the milk and cool it until lukewarm. Crumble the yeast cake into it, add two cupfuls of the flour, beat thoroughly, and set aside in a warm place until light and frothy. Cream the sugar and shortening, add the nut meats and the salt, and when the mixture is light, add with the remainder of the flour to the first mixture. Knead thoroughly, cover and set aside to rise for about three hours, when the mixture should be doubled in bulk. Divide into two portions, knead each slightly again to break up the large gaseous bubbles, place in two oiled bread pans and again set aside until doubled in bulk. Bake in a moderate oven—350–375 degrees F.—about forty minutes.

Fruit Bread

Substitute one cupful (scant) of raisins or two-thirds cupful of raisins and one third cupful finely chopped candied peel for the nuts.

Gluten Bread

(Two and one-half hours)

1 compressed yeast cake
3 cupfuls lukewarm water or milk
1 tablespoonful shortening
5 to 6 cupfuls gluten flour
½ teaspoonful salt

Dissolve the yeast cake in one cupful of the lukewarm liquid, add the remaining liquid, the shortening, melted, and beat in the flour and salt. Knead slightly, turn immediately into well-oiled baking pans, and let the loaves rise until almost doubled in bulk—about one and one-half hours. Bake in a moderate oven—350–375 degrees F.—from three quarters to one hour.

Oatmeal Bread

(Five-hour method)

1 compressed yeast cake
½ cupful lukewarm water
2 cupfuls boiling water
½ cupful molasses
2 cupfuls oatmeal or rolled oats
2 tablespoonfuls shortening
4 cupfuls flour
1 teaspoonful salt

Crumble the yeast cake into the lukewarm water, add a tablespoonful of the flour, and set aside to "start the yeast." Pour the boiling water over the oatmeal, add the shortening and the molasses and set aside until lukewarm; then combine the two mixtures, add one cupful of the flour, beat thoroughly, cover and set aside in a warm place for one hour, until light and full of bubbles. Now add the remainder of the flour with the salt, knead thoroughly, place in an oiled bowl, cover and let rise in a moderately warm place until doubled in bulk—about two hours. Divide into two portions, knead slightly, place in oiled pans, cover and again let rise until doubled in bulk. Bake forty to forty-five minutes in a moderately hot oven about 375 degrees F.

If desired, one cupful of chopped nuts or one cupful of chopped, seeded raisins may be added with the flour.

General Recipe for Bread Made with a Wheat Substitute

3¼ cupfuls milk
¾ cupful lukewarm water
1 compressed yeast cake
3 teaspoonfuls salt
3 tablespoonfuls corn syrup
2 tablespoonfuls vegetable oil or fat
1 quart bread flour
From 3 to 4 cupfuls rye, oat, corn, or barley flour

Scald the milk and when tepid stir in the yeast which has been dissolved in the lukewarm water. Add the remaining ingredients, the vegetable fat being melted, and beat in the bread flour. Cover and let stand in a warm place until very light, about two hours. Then beat in sufficient of the wheat-substitute flour to knead. After kneading, form into loaves, transfer to well-oiled bread pans, and finish as directed. This makes four medium-sized loaves, and the amount of flour substitute is about thirty-eight per cent.

Any kind of wheat-substitute flour may be used. This includes soy-bean meal, peanut flour, rice flour, potato flour, banana flour, buckwheat flour, dried peameal, and cottonseed meal, in addition to the substitutes enumerated with the ingredients.

ROLLS AND SMALL BREADS

It is often possible to liven the plainest sort of meal by the addition of home-made rolls, raised yeast muffins, Sally Lunn, or something of the kind that is not usually served, especially in our large cities, where home-made yeast breads are little used. Any one of these, well made, almost always means a real luncheon or dinner success.

There is a tea room in the Middle West, probably the most beautiful and well managed of any of the kind, *built up entirely on its home-made rolls*.

It has manifestly been impossible to put into this section all of the small breads that one might desire, but there will be found here sufficient variety to give all that will be needed.

Raised Buckwheat Cakes

(Overnight method)

½ compressed yeast cake
1½ cupfuls water
1½ cupfuls buckwheat flour
¼ cupful white flour
2 tablespoonfuls molasses
1 teaspoonful salt
1 tablespoonful melted shortening
½ teaspoonful baking soda

Crumble the yeast cake into one-half cupful of the water, add a tablespoonful of white flour, and set aside for fifteen minutes to "start" the yeast. Then add the remainder of the water to which the molasses and salt have been added and beat in the remaining white flour and the buckwheat flour. Cover and leave in a warm place overnight to rise. Just before baking, beat in the melted shortening and soda dissolved in one tablespoonful of boiling water. Beat hard and thoroughly and bake on a slightly oiled griddle.

Raised Entire-Wheat Muffins

(Two and three-quarter hours)

1 compressed yeast cake
2 cupfuls scalded and cooled milk
4 tablespoonfuls molasses or brown sugar
4 tablespoonfuls shortening
1 egg
2½ cupfuls entire-wheat flour
1 teaspoonful salt

Dissolve the yeast in the lukewarm milk, add the sugar or molasses, the shortening, the egg well beaten, and the flour; the batter should be thick enough just to drop easily from the mixing spoon. Beat until perfectly smooth, cover, and set aside in a warm place to rise until light—about one and one-half hours. Two thirds fill well-oiled muffin pans with the mixture, cover and again set aside to rise until the batter fills the pans—about half an hour. Bake twenty to twenty-five minutes in a moderately hot oven—350–375 degrees F.

Raised Potato Biscuits

1 cupful mashed potatoes
1 cupful potato water
1 yeast cake
About 5 cupfuls flour
1 teaspoonful salt
⅔ cupful shortening
2 eggs
⅔ cupful sugar

Add the mashed potato to the potato water and cool until lukewarm. Add the yeast cake and work with a spoon until it is dissolved, then add four tablespoonfuls of flour, beat, and set the mixture aside until very light—about 1½ hours. Cream the shortening and sugar, add the beaten eggs, and turn into the first mixture. Sift and add the flour and salt and work to a light dough. Cover, let rise from three to four hours or until very light, turn on to a floured board, roll one-half inch thick, cut into biscuits, and again let rise on oiled pans. Bake in a moderately hot oven—350–375 degrees F.—

from twelve to fifteen minutes. Just before the biscuits are done, brush over with milk and sprinkle with sugar.

Raised Oatmeal Muffins

(Overnight method)

1½ cupfuls milk
1 cupful lukewarm water
1¼ cupfuls oatmeal or rolled oats
3 tablespoonfuls shortening
1 teaspoonful salt
⅓ cupful sugar
1 compressed yeast cake
2 cupfuls entire-wheat flour
2 cupfuls white flour

In the evening scald the milk and add to it the sugar, salt, oatmeal, and shortening. When lukewarm stir in the yeast which has been dissolved in warm water, and then gradually beat in the two kinds of flour. Cover and let stand overnight to rise. In the morning, beat the mixture vigorously and half fill well-oiled muffin pans. Let stand until the batter has risen to the top of the pans, then bake in a moderate oven—350–375 degrees F.—for about thirty-five minutes.

English Muffins

(Five hours)

1 compressed yeast cake
1½ cupfuls milk, scalded and cooled
½ cupful tepid water
2 tablespoonfuls sugar
4 tablespoonfuls melted butter or a substitute
6 cupfuls bread flour
1 teaspoonful salt

Dissolve the yeast and sugar in the tepid water, add these to the milk with the shortening, salt, and half the flour. Beat until smooth, then add the remainder of the flour, knead until smooth and elastic, cover and set aside in a warm place to rise. When doubled in bulk, which should be in about two hours, divide into twelve portions, knead very slightly and form into round cakes. Knead these slightly—just enough to shape them evenly—cover and set aside for half an hour.

Oil large muffin rings, place these on a very slightly oiled griddle, and with the hand flatten the muffins out so that they will fit the rings. Bake very slowly—about fifteen minutes—turning as the under-side of the muffins becomes brown and reducing the heat as soon as both sides are coloured that they may finish baking more slowly. Split, butter, and serve hot.

Left-over muffins may either be reheated in the oven, or split, toasted, and well buttered.

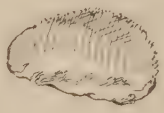
Quick Tea Rolls

(Two and one-half hours)

1 compressed yeast cake
½ cupful scalded milk
½ cupful lukewarm water
1 tablespoonful sugar
3 cupfuls bread flour
2 tablespoonfuls shortening
½ teaspoonful salt

Combine the scalded milk and the shortening, cool until lukewarm. Crumble the yeast cake in the lukewarm water, add the sugar and two tablespoonfuls of the flour and set aside for ten minutes. Blend with the milk and shortening, add the remainder of the flour and knead thoroughly. Roll out

Crescent Roll

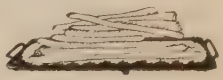


Roll sprinkled with poppy seeds

Clover-leaf Roll

Pocketbook Roll

Cleft Roll



Bread sticks

one-fourth inch thick, brush with melted shortening, cut out with a large biscuit cutter, crease, fold together as Parker House rolls, and set aside in a warm place to rise—for two hours. Bake twelve to fifteen minutes in a moderately hot oven—375 degrees F.

Parker House Rolls

(Four hours)

1 compressed yeast cake
2 cupfuls scalded milk
2 tablespoonfuls sugar
¼ cupful melted shortening
About 6 cupfuls bread flour
1 teaspoonful salt

Scald and cool the milk, crumble the yeast cake into it, add the sugar, and set aside for ten minutes to "start" the yeast. Beat in the melted shortening and one half the flour

and continue beating until perfectly smooth. Cover and set aside to rise in a warm place about one hour, or until very light. Then add the remainder of the flour and the salt, knead thoroughly, place in an oiled bowl, brush over with melted shortening, and again set aside to rise until doubled in bulk—one and one-half hours. Roll out one-fourth inch thick, brush slightly with melted shortening, cut into rounds with a biscuit cutter, crease through the centre, and fold over. Place the rolls on a flat oiled baking sheet a little distance apart, cover, and allow them to rise again for three quarters of an hour, or until very light. Bake in a hot oven—400 degrees F.—ten to twelve minutes.

The Shaping of Rolls

Variously shaped rolls can be made from both yeast and baking-powder doughs, although the common understanding of rolls is that they are raised with yeast.

Cleft Rolls

Divide the dough into small portions, using for each roll a piece of dough about the size of a large egg. Work with the fingers on a floured board into an oblong shape slightly flattened. Dip the handle of a knife or of a wooden spoon into dry flour and press it deeply into the dough so as to form a cleft. Lay the rolls close together in the baking pan so that they will not spread while rising.

Pocketbook or Parker House Rolls

After dividing the dough work it smoothly with the fingers on a floured board and roll out each portion with a rolling pin into a flat, oblong shape. Brush over half with melted shortening and fold the other half over. Leave a little space between these rolls on the baking pan.

Crescents or Horseshoes

Roll the dough out thin and cut it into triangular shapes. Brush over with melted shortening and, beginning with the wide end, roll up the dough, then draw the ends around in the form of a horseshoe when placing on the baking pan.

Cottage Rolls

For these, two portions of dough are needed—one of medium size, the other very small. Work each with the fingers on a floured board into a round, slightly flattened shape, brush the centre of the larger one with melted shortening, lay the smaller one on top and press the thumb into the centre of the smaller one to make a deep depression.

Hard Rolls

For these use a large portion of dough, working it smoothly with the fingers, then rolling on a floured board with the palm of the hand into a long roll. Flatten the top slightly with the hand, then cut into four-inch lengths and with a sharp knife make a slight gash along the top of each roll, which will spread open slightly while rising.

Finger Rolls

Divide the dough into portions, work smoothly with the fingers on a slightly floured board, and roll with the palm of the hand into four- or five-inch lengths, making the ends of each roll taper slightly while rolling.

Bread Sticks

Divide French bread dough into portions as for rolls and roll on a board, floured as lightly as possible, into thin "sticks" twelve or fourteen inches long.

Clover-Leaf Rolls

For these three very small portions of dough are required. Form each into a small round ball, brush the sides with melted shortening, and place three of the balls together to form a triangle or clover-leaf. In order to obtain the best shape bake these rolls in muffin pans.

Twisted or Braided Rolls

Divide the dough for each roll into three portions, work each with the hands on a slightly floured board into strips. Lay these side by side and twist or braid, beginning at the centre and working out to each end. Be sure to press the ends well together that they may not become unbraided.

Vienna Rolls

(Five-hour method)

1⅓ cupfuls milk
1 egg
½ teaspoonful salt
1 teaspoonful sugar
About 4 cupfuls bread flour
2 tablespoonfuls shortening
½ yeast cake

Have the milk lukewarm, add it to the well-beaten egg; sift the flour and salt and rub the shortening into it. Mix the yeast and sugar together, working them with the back of a teaspoon until the yeast liquefies; then pour it into the milk and egg and add all these to the flour. Knead to a dough as for bread. Let it rise three hours, having the dough covered that a crust may not form on the top, and keeping it in a warm place free from draughts. Form into pointed rolls and let these rise about half an hour, or until they are very light. Bake in a hot oven—375–400 degrees F.—brushing over with butter before baking to make a tender brown crust.

Swedish Nut Rolls

(Five-hour method)

1 compressed yeast cake
1 tablespoonful sugar
From 3 to 4 cupfuls bread flour
1¼ cupfuls scalded milk
3 tablespoonfuls sugar
2 tablespoonfuls shortening
⅔ cupful chopped nuts
⅔ teaspoonful salt

Scald the milk, then let it cool until lukewarm. Dissolve the yeast cake in it, add the tablespoonful of sugar, also one and one-half cupfuls of flour. Beat thoroughly, cover, and set aside in a warm place until light—about three quarters of an hour. Cream the remaining sugar with the shortening and add with the salt, nuts, and remaining flour to the first mixture. Knead thoroughly and again cover and set aside to rise until doubled in bulk—about two hours. Mould into small rolls, place these in well-oiled pans, cover, and when again light, bake in a hot oven—375–400 degrees F.—from eight to ten minutes.

If desired, the rolls may be glazed by brushing them over with milk or white of egg before putting into the oven.

Egg Rolls

(Five-hour method)

1½ cupfuls milk
¼ cupful shortening
½ compressed yeast cake
½ teaspoonful salt
1 teaspoonful sugar
1 egg
4 to 5 cupfuls bread flour

Scald the milk in a double boiler, dissolve the shortening in it, add the sugar and salt and cool until lukewarm. Pour one cupful of the milk when lukewarm over the yeast, beat in two tablespoonfuls of flour, and set aside for ten minutes, when the yeast will have begun to "work." Sift the remaining flour, pour the yeast, the scalded and cooled milk, and the well-beaten egg into it, work to a dough and knead thoroughly. Cover and set aside until the dough has doubled in bulk, then work it again with the hands for a moment and let it rise a second time, after which break off small portions of the dough into balls, work them lightly and lay close together but without touching in an oiled pan. Let them rise in the pan until very light, then bake fifteen to twenty minutes in a moderately hot oven—350–375 degrees F.

Philadelphia Cinnamon Buns

1 cupful scalded milk
1 compressed yeast cake dissolved in ½ cupful tepid water
7 to 8 cupfuls bread flour
½ cupful butter or margarine melted
2 tablespoonfuls sugar
1⅓ teaspoonful salt
3 eggs
Softened butter
1 cupful sugar (extra)
Cinnamon and currants

Cool the milk until tepid, then stir in the yeast and beat in flour to knead, about three and one-half cupfuls. Knead till elastic, shape into a ball, slash the top, and drop the ball into a bowl of warm water. When it comes to the surface it is ready to use. In the meantime, put a quart of bread flour into a mixing bowl, add the half cupful of shortening, the three tablespoonfuls of sugar, and the salt. Turn in the yeast ball and work the mixture together till well blended to make a soft dough. Cover and let rise till doubled in bulk, then turn on to a floured board and roll to a half inch in thickness. Brush over with the softened butter, sprinkle with the cinnamon and sugar mixed, and dot with the cur-

rants working to within a half inch of the edge. Then roll it up like a jelly roll, cut crosswise in half-inch slices and place in shallow oiled pans, cut side up. When doubled in bulk, bake about thirty minutes in a moderate oven—350 degrees F.—watching them carefully.

Hot Cross Buns

(Five-hour method)

1 compressed yeast cake
1 cupful milk
1 tablespoonful sugar
About 3½ cupfuls bread flour
½ teaspoonful salt
1 teaspoonful mixed ground spices
4 tablespoonfuls shortening
⅓ cupful sugar, additional
1 egg
½ cupful raisins or currants

Scald the milk, then cool it until lukewarm in a large mixing bowl. Add the yeast and the tablespoonful of sugar and allow the yeast to soften in the milk. Add one and one-half cupfuls of the flour, beating it well in, cover, and set aside in a warm place until light—about one hour. Now beat the shortening and sugar until light and creamy, add the egg and the fruit, add the whole to the first mixture together with the remaining flour, salt, and spices. Knead thoroughly and again cover and set in a warm place until the dough has doubled in bulk—which will take approximately two hours. Break off small pieces of the dough and knead them very slightly with the hands into round buns, flatten slightly, place on an oiled baking sheet, and let them rise once more until very light. Brush over with beaten egg and press each bun on top with the back of a knife so as to form a cross. Bake fifteen to twenty minutes in a moderate oven—350–375 degrees F.—and either brush over with a sugar syrup to glaze them, or frost with a sugar-and-water frosting.

FANCY BREADS

When introducing fancy breads, it must be kept in mind that most of them contain a considerable proportion of sugar and therefore should be used as the dessert at an informal luncheon or dinner, with the exception of baba, which can be used at a formal dinner.

The various coffee cakes and tea rings can also be served instead of sandwiches, or little cakes with afternoon tea or

coffee, and they are also suitable for occasional use at company breakfasts.

Raised Sally Lunn

(Five-hour method)

1 cupful scalded milk
½ yeast cake, softened in ¼ cupful lukewarm water
3½ cupfuls bread flour
⅓ teaspoonful salt
2 tablespoonfuls sugar
⅓ cupful shortening
2 eggs

Cool the milk until lukewarm, add the softened yeast cake and one and one-half cupfuls of the flour. Beat all thoroughly together, cover, and set aside in a warm place until light—about one hour. Melt the shortening and add it to the sponge with the salt, sugar, well-beaten eggs, and remaining flour. Beat thoroughly, turn into well-oiled rather shallow pans, set aside to rise until doubled in bulk, then bake in a moderate oven—350–375 degrees F.—about thirty minutes.

Rich Coffee Cake

1½ cupfuls milk
1 compressed yeast cake
½ cupful lukewarm water
3 egg yolks
1 teaspoonful salt
½ cupful butter or margarine
⅝ cupful sugar
1 tablespoonful each orange and lemon juice
Grated rind of half a lemon
From 5 to 6 cupfuls bread flour
Cornstarch glaze
Cinnamon and sugar mixed

Scald the milk and let it stand till lukewarm, then stir in the yeast, which has been softened and then dissolved in the water, and beat in one and one-half cupfuls of the flour, cover, and set the sponge aside until it is full of bubbles—about one hour. Then beat in the egg yolks, the butter melted, and the fruit juices and rind, the salt, sugar, and sufficient flour to knead. Knead thoroughly, place in an oiled bowl, cover, and set aside in a warm place until double in bulk. Then turn on to a bread board and, without further kneading, roll into two sheets about two inches thick, place in small oiled dripping pans, and when double in bulk, brush over the tops with the cornstarch glaze. Sprinkle thickly with cinnamon mixed with sugar, in the proportion of one teaspoonful of cinnamon to one-half cupful sugar, and bake about thirty minutes in a moderate oven, 350 degrees F.

If desired, chopped pecans, walnut meats, sliced almonds, or raisins may be strewn over the cornstarch glaze before the sugar is put on, or one-half cupful each of chopped nuts and halved raisins may be added with the eggs and other ingredients to the coffee-cake dough.

Pecan-Filled Coffee Cake

Prepare the recipe for plain coffee cake. After it is ready to be shaped for baking, roll it into three thin layers. Place one of these in an oiled baking pan, spread it lightly with melted butter and brown sugar, and strew broken pecan nut meats over this. In turn put on another layer of the dough, spreading this with the butter and sugar and strew with the nut meats. Put on a third layer of the dough, and finish in the same way, then let stand to become light, and bake as directed.

Schnecken

Prepare the recipe for plain coffee cake. After the dough has risen and is ready to be shaped, cut it into three pieces. Roll one of these into an oblong shape about the size of sponge cake for jelly roll, and brush it over with melted butter and a little granulated sugar. Dot with halved raisins, roll up like jelly roll, and then cut into cross-wise pieces. Place each one of these in an oiled muffin pan, let rise until doubled in bulk, then bake as directed for coffee cake, turn out and cover with a thick sweet syrup or glaze.

Swedish Tea Ring

(Four hours)

1 compressed yeast cake
2 cupfuls scalded milk
½ cupful sugar
4 tablespoonfuls shortening
3½ cupfuls bread flour
2 eggs
⅙ teaspoonful salt
⅙ teaspoonful ground mace
½ cupful brown sugar
¼ cupful currants
¼ teaspoonful cinnamon

Cool the milk until lukewarm and crumble the yeast cake into it. Set aside for ten minutes to "start" the yeast, then add one half of the flour and beat until smooth. Cream the shortening and sugar, add the eggs well-beaten and turn these into the first mixture. Work in the remainder of the

flour with the salt and mace. Keep the dough soft, knead lightly, place in an oiled bowl, cover, and set aside to rise until the dough has doubled in bulk—about two hours. Turn on to a well-floured board, roll into an oblong sheet about one-third inch thick, brush with melted shortening and sprinkle with brown sugar, currants, and cinnamon all mixed together. Roll up lengthwise, place on a flat well-oiled baking sheet, and join the ends to form a circle. With scissors cut almost through the dough in slices about three quarters of an inch thick. Turn each slice partly on its side pointing away from the centre. Cover with a cloth and allow to rise until very light—about one hour. Brush over with slightly beaten egg or milk and bake twenty-five minutes.

Serve plain or cover with a sugar-and-water frosting.

Braided Bread

(Four and one-half hours)

1 compressed yeast cake
1 cupful scalded and cooled milk
1 tablespoonful sugar
4 cupfuls bread flour
⅔ cupful sugar
¼ cupful shortening
1 egg
½ teaspoonful salt

Crumble the yeast cake into the milk, add the tablespoonful of sugar and one cupful of the flour. Beat well, cover, and set aside to rise until covered with bubbles—about three quarters of an hour. Cream the shortening and sugar, add the egg well beaten, and blend the two mixtures, gradually working in the remainder of the flour with the salt. Knead thoroughly, place in an oiled bowl, cover, and let rise until doubled in bulk—about two hours. Turn out onto a floured board, divide into three portions, knead each slightly and roll with the palms of the hands into long strips. Place these side by side and braid together, beginning at the centre and working out toward each end. Place on an oiled pan, cover, and let rise until light—about three quarters of an hour. Brush over with slightly beaten egg, sprinkle with granulated sugar, and bake thirty-five to forty-five minutes in a moderately hot oven—375 degrees F.

If desired, crushed cardamom seeds or poppy seeds may be sprinkled over the bread after it has been brushed with the egg and sugar.

Moist Fruit Coffee Cake

(Three and one-half hours)

1 compressed yeast cake
1 cupful milk
½ cupful shortening
1 cupful sugar
½ teaspoonful salt
2 eggs
5½ cupfuls bread flour
1½ cupfuls canned or stewed stoned prunes, apricots, or figs

Scald the milk, add a tablespoonful of the sugar and the yeast cake crumbled in two tablespoonfuls of milk. Stir in a cupful of flour, cover, and let stand until spongy—about one and one-half hours. Then cream together the shortening and sugar, add the eggs, well beaten, and combine this mixture with the sponge, adding also the salt, remaining flour, and the fruit diced and very well drained. Beat thoroughly, pour into a small dripping pan which has been oiled, let rise until light, and bake forty-five minutes in a hot oven—375–400 degrees F.—reducing the heat for the last ten minutes to dry out the loaf. This will keep moist for days and is really rich enough to act as a cake.

Brioche

(Seven hours)

1 compressed yeast cake
¼ cupful lukewarm water
3 cupfuls bread flour
4 eggs
1 cupful butter or margarine
½ teaspoonful salt
2 tablespoonfuls sugar

Soften the yeast cake thoroughly in the lukewarm water, then add enough flour to make a very soft ball of paste, soft enough to be tender yet not sticky. Drop this into a bowl of warm water, cover, and set in a warm place to rise for about one hour. (The ball will sink at first to the bottom of the water, but later will rise and be filled with bubbles.) Put the remainder of the flour into a bowl, make a hollow in the centre and into this put the butter, which should be softened but not melted, the salt, sugar, and two eggs, unbeaten. Work them together with the hand, gradually stirring in the flour, then add the remaining eggs, one at a time. Work and beat hard until the mixture loses its stickiness; then, when the ball of dough is thoroughly light, lift it out of the water, incorporate with the other mixture, and continue the beating—the

longer this is continued the finer will be the grain of the brioche. Turn into a bowl, cover, and let it rise until double its original bulk, which will probably take four or five hours. Divide into small balls, lay on an oiled pan, and let rise as for rolls, and just before baking glaze the tops with well-beaten egg. Bake about twenty minutes in a moderately hot oven—about 375 degrees F.

Brioche Crown or Ring

Mould the dough into a ball and form this with the hands into a long roll, cut into three strips, and twist or braid these together, joining the ends to form a ring. Set aside to rise, glaze as for small Brioche, and bake as directed from thirty-five to forty minutes.

Brioche Roll with Head

Divide the dough into six or eight small balls and one larger one, place the large one in the centre of a flat baking pan and press the smaller ones all around it. Set aside to rise, glaze, and bake as directed from forty to fifty minutes.

Savarin

Butter deep individual moulds, sprinkle thickly with chopped almonds, half fill with brioche dough, set aside to rise until the mixture fills the moulds, then bake in a moderately hot oven—about 375 degrees F.—twenty minutes. Turn out, pour over them a hot syrup made of one cupful of sugar and three-fourths cupful of water cooked for eight minutes (if using a thermometer cook to 230 degrees F.). Flavour with orange, lemon, or one of the commercial wine flavourings. Allow the savarin to absorb enough of the hot syrup to moisten but not to lose the shape.

Baba

Into two cupfuls of brioche dough mix one-third cupful each of currants, raisins, and finely chopped citron which have been soaked for one hour in a syrup made by boiling together one cupful of sugar, two-thirds cupful of water, one-fourth teaspoonful cherry extract, and six drops almond extract. Half fill well-oiled moulds with the mixture, set aside in a warm place to rise to the top of the moulds, which will take

about three quarters of an hour, then bake in a moderate oven—350–375 degrees F.—about half an hour. After baking pour over the baba the remainder of the syrup in which the fruit was marinated.

Cornstarch Glaze

½ teaspoonful cornstarch 2 teaspoonfuls cold water
⅓ cupful boiling water

Moisten the cornstarch with the cold water, pour the boiling water over it, and cook for five minutes as in the making of ordinary starch.

Making Plain Toast

The bread should be twenty-four hours old. Cut in slices one-fourth inch thick and toast quickly, first slightly browning on both sides, in order to seal in the moisture, then finish toasting so that when completed the bread will be browned about a third of its thickness on each side, the centre remaining moist and tender.

Milk Toast

This may be made of white or entire-wheat bread. After toasting, spread the bread lightly with butter and pour over it salted, hot milk to barely cover.

Another method is to cover the toast with thin white sauce.

Patti Bread or Melba Toast

Cut stale bread into the thinnest possible slices, almost wafer-like. Lay on a pan or rack in the oven and dry out, rather than cook, until the bread is golden brown. If to be kept, store in a tightly closed tin to preserve the crispness.

CHAPTER XIII

QUICK BREADS

(All measurements are level)

QUICK breads are easy to make and may be made into a great variety of foods. Biscuits, quick rolls, griddle cakes, waffles, muffins, both baked and steamed breads, and dumplings offer a wide vehicle for the introduction into the meal, not only of the starch, sugar, gluten, minerals, and fat present in the food itself, but of extra protein, as nuts or chopped meat; extra sugar and minerals, as raisins, or dates; and extra bulk, as fruits and vegetables.

During the wheat shortage of the war we learned some things about unusual grains, as rye, corn, barley, rice, buckwheat, and many housewives made their initial acquaintance with entire-wheat flour. But in spite of the knowledge we gained, many have returned to the old régime, claiming that their families would not eat the grain breads. Yet, given good recipes, these whole-ground, unrobbed grains, replete with the full nourishment and all the minerals with which Nature has supplied them, are of the greatest value to the children and to every member of the household.

The Quick Bread Group

Quick breads group themselves according to the thickness of the mixture. Griddle cakes have the thinnest batter; waffles, a little thicker; popovers head the list of the muffin group, muffins proper follow, then the baked quick breads, followed by those that are steamed. Baking-powder biscuits with their derivatives, as quick rolls, quick hot cross buns, scones, dumplings, shortcakes, and the like, belong in the group of doughs.

"Dough" means that which is moistened; "batter," that which is beaten.

The Leavening Agent

Every nation, no matter how old, has recorded in some historical form or other its method of making bread. In every instance, the grain indigenous to the country was ground into fine particles, mixed with water, made into flat cakes and then either dried in the sun or buried in the ashes. This was unleavened or unraised bread and every form of quick bread and even of the most complicated cakes which we make to-day is a direct descendant of this crude food.

From a gastronomic standpoint, the object of leavening or using a raising agent is to make the food more palatable, while from the dietetic point of view, it is employed to break up the constituents used in the making of quick bread or cake with fine holes, so that as much surface as possible may be presented to the gastric juices in order to make the food more digestible.

Leavening is, according to historical methods, as old as time. The ancient Egyptians kneaded their dough on marble slabs, using vegetables as a leavening agent. These were very similar in character to the modern yeast. For many centuries yeast in some form or other was the only leavening agent until the day of the so-called quick breads which were then used much as now.

At the same time the loaf cake came into being and because yeast could not be used so advantageously to make it light, quantities of eggs were introduced. Some old recipes called for "eighteen eggs beaten with a rod for thirty minutes." At this point the use of a quicker leavening than yeast came into vogue. The use of a little sal volatile was quite fashionable among up-to-date housewives! Then came the use of hydrochloric acid together with soda, which was as recent as 1837, and was more or less popular for a quarter of a century, until the discovery of the use of calcium phosphate in 1856. This, in combination with soda, was put forth in a definite baking powder. In 1866 the cream of tartar baking powders appeared.

In all kinds of baking powders, carbon dioxide is formed from uniting an acid with a gas and it is this gas which makes the dough rise. Bicarbonate of soda (baking soda) is the base in all types of chemical reactions in baking.

How to Use Soda and Sour Milk

There is, however, a popular form of leavening which is used for quick breads, and some cakes and cookies. I am referring to the use of sour milk or buttermilk which acts as the acid and which is used together with baking soda. Another household adaptation of the same idea is brought out in the old-fashioned use of molasses, which is an acid, together with baking soda. The general proportion of soda to be used to a cupful of thick sour milk or cream, buttermilk, or molasses, is one-half teaspoonful.

However, sometimes the milk or cream may be just on the turn and not really sour. In this case, one-fourth teaspoonful of soda may be added to the liquid to neutralize it, the baking powder then being decreased a teaspoonful for every one-fourth teaspoonful of soda which has been added.

General Proportions of Baking Powder to Flour

There are certain general rules to be observed in the amount of baking powder used with a given amount of flour in the preparation of muffins, hot cakes, and biscuits. In griddle cakes, one teaspoonful of baking powder is allowed to each cupful of flour; in muffins, one and one-half teaspoonfuls of baking powder to a cupful of flour; in baking-powder biscuits, two teaspoonfuls of baking powder are generally used to each cupful of flour.

All good baking powders are potent in their results and should be measured level—this means that the spoonful is scraped off or levelled by means of a knife. Generally speaking, the baking powder begins to act (that is, the gases begin to be given off) as soon as the liquid called for in the recipe comes in contact with it, so it is safe to state that baking-powder mixtures should be put in the oven as quickly as possible after the addition of the liquid. This also applies to the use of sour milk, buttermilk, molasses, and soda, which act instantly.

The action of all quick leavenings is heightened as soon as the food is put into the hot oven. There is an old idea that after a cake is put into the oven one should tip-toe about lest a sudden jar cause the cake to fall. But this catastrophe rarely ever happens, especially if one has a good baking

powder which is active, continuing to generate gas throughout at least the first half of the baking.

The Place of the Quick or Hot Bread in the Meal

When a "quick bread" is served hot, it seems to be specially substantial, while, as a matter of fact, the heat has nothing whatever to do with the nutrition. Because of this wrong belief many make the mistake of believing, for instance, that a breakfast is balanced just because it contains hot muffins! However, because of this very trait the hot bread may be used to eke out a meal that may *seem* unsubstantial (yet not really be so), as a luncheon in which the protein or muscle-maker is cocoa or a cream soup made with milk.

Generally speaking, like plain yeast bread, quick and hot breads may be classed as starches. However, when other elements are added, their mission changes—raisin biscuits introducing minerals; nut muffins, protein; bran muffins, bulk; and so on.

Foods may be likened to the pipes of an organ—the homemaker to the organist. Press whatever keys you like—and *something* results—either bodily harmony or inharmony according to the skill and intelligence applied.

When a quick or hot bread is introduced let it be with a reason. For instance, suppose griddle cakes are to appear at breakfast. Are they—with fruit and coffee—sufficient for the meal? Not at all, for almost nothing is supplied for the muscles; too much starch would be eaten and indigestion result. A properly planned breakfast of this type would be:

Fresh Fruit
Griddle Cakes with Butter and Syrup
Boiled Eggs Coffee

If a luncheon or supper is scanty in bulk but sufficient in protein, one could use:

Cream of Pea Soup Croutons
Lettuce and Cheese Salad
Waffles and Honey Tea

On the other hand, if a protein were needed it could be introduced by using nut muffins, as:

Tomato Bouillon Crackers
Fruit Salad Nut Muffins
Tea

NOTE: The best results will be obtained with these recipes if hard spring wheat or bread flour is used.

Whereas many of the recipes mention butter for shortening, this is done only because the flavour of the finished bread is a little better than when a butter substitute is used. However, excellent results may be obtained by the use of any of the butter substitutes, such as good margarine, vegetable oil, or vegetable shortening.

POPOVERS

The essential difference in the making of the various kinds of hot breads really lies in the batter—a thin batter produces a certain result, a thicker batter another type. The simplest of all is the popover batter which contains only four ingredients and which depends upon the beating in of a large quantity of air for its raising or leavening.

Popovers may be varied in different ways—graham or entire wheat adding more bulk to the menu; fruit popovers combining the fruit and bread course, as at breakfast, or acting as a combination bread and dessert for luncheon. Popovers, split and filled with fresh fruits, are delicious for either breakfast or luncheon. One of the most interesting variations of the popover is Yorkshire Pudding, which is invariably served in England with roast beef, and which in this case takes the place of potatoes or some other starchy vegetable.

Popovers

1 cupful bread flour
1 cupful milk
$\frac{1}{3}$ teaspoonful salt
2 eggs

Sift together the flour and salt; add the eggs well beaten and the milk. Beat hard with a Dover beater for two minutes, then pour at once into hot oiled muffin pans, and bake for about twenty-five minutes in a moderately hot oven—350 to 375 degrees F.

Entire-Wheat Popovers

Follow the directions given in the preceding recipe, substituting seven eighths of a cupful of coarse entire-wheat flour or graham meal for the bread flour mentioned.

Fruit-Filled Popovers

Prepare either plain or entire-wheat popovers and after they are cooked split them open on the side, fill them with sliced and sugared strawberries, sugared raspberries, or sliced and sugared peaches, and serve at once with or without whipped cream.

Yorkshire Pudding

6 tablespoonfuls bread flour
½ teaspoonful salt
2 eggs
1 cupful milk

Place the flour and salt in a bowl. Make a hollow in the centre of the flour, break in the eggs and add just enough milk to moisten the flour. Beat thoroughly until perfectly smooth and then add the remainder of the milk. Melt three tablespoonfuls of drippings in a shallow baking pan; let this become thoroughly hot; pour in the batter and bake in a moderate oven—350 degrees F.—for about half an hour. Cut into square pieces and serve with roast beef.

GRIDDLE CAKES

The terms griddle cakes and pancakes are used interchangeably, although, in fact, the first means cakes cooked on a griddle, whereas pancakes originally meant cakes cooked in a pan in such a way that they completely filled it. Griddle cakes were small; pancakes, being usually larger, were generally rolled.

Griddle cakes may be cooked upon a greased or oiled griddle, or upon a soapstone or aluminum griddle which needs no grease. In other words, they are not of necessity fried. On the other hand, if cooked in a thinner utensil they are usually protected by the oiling of the pan so they will not burn. The cakes cooked on a griddle with no fat are much more digestible than those cooked in fat.

Under the heading of griddle cakes we could really consider the various pones, butter cakes, thick baking-powder biscuit mixtures, and scones, but for convenience' sake we are merely going to take up in this section the thin batter cakes known as griddle cakes and pancakes. They are just a step further along than popovers, for they generally contain more than

four ingredients and are usually made with baking powder rather than with no leavening at all.

There are times when it is inadvisable, however, to make homemade griddle cakes as, for instance, in the case of a very small family or when the home-maker is extremely busy and needs to save time and energy. There are several brands of commercial griddle-cake mixtures on the market which give excellent satisfaction if the directions for making given on the package are carefully followed.

The place of the griddle cake in the menu is not well understood. It is distinctly a starchy food and as it is generally accompanied by a sweet it can take the place of both sweet and bread at breakfast or luncheon, or even supper, if desired, but it cannot replace the muscle-making or protein element.

As to the various accompaniments for griddle cakes, they may be as follows:

Brown sugar syrup, caramel syrup, maple syrup, corn syrup; melted jelly, jam, or marmalade, into which a very little boiling water has been beaten; butter and brown sugar or crushed maple sugar; either strained or solidified honey, any fruit butter, or butter, powdered sugar, and cinnamon.

Brown Sugar Syrup

Moisten two cupfuls of brown sugar with sufficient boiling water to dissolve it. Then bring to boiling point and serve hot or cold.

Melted Jelly Syrup

To a glass of grape, currant, or apple jelly add a fourth cupful of boiling water. Allow the jelly to melt, and serve as any syrup.

Butterscotch Syrup

½ cupful brown sugar
½ cupful granulated sugar
2½ cupfuls boiling water
1 tablespoonful butter
1 tablespoonful cornstarch
⅓ teaspoonful vanilla

Barely melt the granulated sugar in a medium-sized heavy saucepan, add the water and brown sugar, and when this is dissolved stir in the butter and cornstarch which have been creamed together. Allow the mixture to boil for three minutes, then add the vanilla, and serve hot.

General Directions for Cooking Griddle Cakes

If the griddle is to be oiled, use either a bacon rind, salt pork rind, or a little vegetable fat; in using the latter, apply it either with a griddle oiler or with a swab of cloth fastened to a stick, or cut an apple in halves, stick a fork into one of the halves, and apply the grease with this—flat side down.

The griddle itself should be barely smoking hot; the best way to test it is to pour out a bit of the batter and cook a sample.

If an unoiled griddle is to be used, absolutely no fat should ever be put upon the griddle. Before putting any cakes upon it, rub it over with a small bag of ordinary table salt. This slight cleansing process should be used occasionally between the bakings.

Putting Batter on the Griddle

The batter should be mixed in a wide-mouthed pitcher and poured on to a griddle. In this way the size of the cakes can be controlled.

Using Left-Over Batter

If any batter is left over, it can be covered, put in a cool place, and used the next day, if half of the original amount of baking powder is put into it. Or add a little extra flour, sufficient to make the mixture a little thinner than a muffin batter. Slice very thinly a few apples into the bottom of a small buttered baking dish, add a half cupful of sugar to two cupfuls of sliced apples, together with a half teaspoonful of cinnamon, and pour over the left-over griddle-cake batter; there should be barely enough to cover the top. Bake this in a moderate oven—350 degrees F.—until the apples are tender and the top is browned—about thirty-five minutes.

Griddle Cakes

3 cupfuls bread flour
3 teaspoonfuls baking powder
¾ teaspoonful salt
1 egg
2 tablespoonfuls shortening, melted
1¾ tablespoonfuls sugar
2 cupfuls milk

Sift together the dry ingredients; beat the egg light; add the milk and pour this into the dry ingredients, beating con-

stantly. Then beat in the shortening and cook according to the directions previously given, turning the cakes when they are brown on the under side and full of bubbles on the top.

Varying Plain Griddle Cakes

This recipe may be made into corn griddle cakes by adding a cupful of canned corn and only one cupful of milk; into meat griddle cakes, by omitting the sugar and adding to the batter from a half to a cupful of boiled ham put through the food chopper, or finely chopped left-over cooked bacon or sausage. In either case, syrup should not be served. For berry griddle cakes, add a cupful of blueberries, huckleberries, raspberries, or blackcaps to the dry ingredients.

Raisin Griddle Cakes

1½ cupfuls bread flour
2 teaspoonfuls baking powder
½ teaspoonful salt
1 tablespoonful melted shortening
1 tablespoonful sugar
1 cupful milk
1 egg
⅔ cupful raisins cut in halves

Sift together all the dry ingredients. Mix the egg, beaten slightly, the milk, and the melted shortening, and pour these slowly into the dry mixture, beating thoroughly to eliminate all lumps. Add the raisins and cook as directed.

Cereal Griddle Cakes

1 cupful cooked cereal
½ teaspoonful salt
2 eggs
1 cupful milk
2 tablespoonfuls melted shortening
1 cupful bread flour
2 teaspoonfuls baking powder

Stir the milk, melted shortening, and well-beaten yolks of eggs into the cereal and mix smoothly. Add the flour, salt, and baking powder, which have been sifted together, and last of all fold in the stiffly beaten whites of the eggs. Cook as directed.

Cornmeal Griddle Cakes

1 cupful whole yellow cornmeal
Boiling water
⅓ cupful bread flour
2 teaspoonfuls baking powder
⅔ teaspoonful salt
1 tablespoonful molasses (optional)
1 egg
1 cupful milk

Scald the cornmeal by pouring over it just enough boiling water to cover. Set aside for five minutes to swell, then add

the flour, salt, and molasses, if used. Beat and add the egg, then put in the milk and lastly the baking powder. Bake at once as directed.

Crumb Griddle Cakes

1 pint buttermilk
⅞ cupful grated stale bread
½ teaspoonful salt
½ teaspoonful soda
1 teaspoonful baking powder
About 1¾ cupfuls bread flour to make a good batter

Let the bread stand in the milk overnight, then beat thoroughly. Sift together the salt, soda, baking powder, and flour and beat into the first mixture. Cook as directed.

Entire-Wheat Griddle Cakes

2½ cupfuls entire-wheat flour
1½ cupfuls bread flour
2 cupfuls milk
1 teaspoonful sugar
3 teaspoonfuls baking powder
½ teaspoonful salt
1 egg

Beat the egg light, add the milk, and then stir in the dry ingredients, which have been thoroughly mixed. Cook as directed.

Corn Griddle Cakes

Substitute a cupful of moist canned or creamed corn for half of the milk and proceed as directed.

Ham Griddle Cakes

Add one-half cupful of finely minced cooked ham with the milk and proceed as directed.

Berry Griddle Cakes

Add one cupful of huckleberries or blueberries, either raw, or canned and well drained, instead of one-half cupful of the milk, and proceed as directed.

Bran Griddle Cakes

Omit one-half cupful of the entire-wheat flour, substitute instead three-fourths cupful of bran, then proceed as directed.

Rolled Griddle Cakes or Pancakes

Prepare the recipe for Plain Griddle Cakes, Entire-Wheat Griddle Cakes, or Cereal Griddle Cakes, making the cakes

a little larger than usual. When done, spread a tablespoonful of apple butter, grated canned pineapple, raspberry or strawberry jam on each cake, roll them up and sprinkle them with powdered sugar and cinnamon mixed, in the proportion of one teaspoonful of cinnamon to one cupful of sugar. Serve very hot as a dessert.

Banana Pancakes

1 egg
1 cupful milk
$\frac{1}{3}$ teaspoonful salt
$1\frac{1}{2}$ cupfuls bread flour
$1\frac{1}{2}$ teaspoonfuls baking powder
2 bananas, sliced thin

Beat the egg, add the milk and other ingredients in the order given, beating well, and fry on an oiled griddle, as for griddle cakes; serve with a dusting of sugar or with syrup.

WAFFLES

The next logical step up from the griddle-cake batter is the batter of the next thickness, the kind that is used in making waffles. For some reason or other, waffles have always been looked upon more or less as a luxury, whereas they are, in reality, a very useful food and, at the same time, very easy to make.

When used as an accompaniment to chicken or broiled steak and gravy, they replace potatoes or some other starchy vegetable. If used for breakfast they act as both bread and sweet, as is the case with griddle cakes, and if used at luncheon or supper they act as both bread and dessert in case a sweet accompaniment is served with them. However, if the waffle is reinforced with finely chopped nut meats it becomes a protein and if a purely sweet waffle is made, such as a pound-cake waffle given in this section, it becomes a dessert.

Cooking the Waffles

The waffle iron should be heated until smoking hot, when it should be oiled, unless an aluminum waffle iron is being used. The oil should be applied by means of a small brush—kept for the purpose—or a swab of cloth fastened to a stick.

The waffle mixture should be put in a pitcher and sufficient poured into each compartment of the waffle iron barely to fill it (a tablespoonful is usually enough). The top should

then be lowered, and when the waffle is brown on one side, which should take about three minutes, the iron should be turned to brown the other side; this will take about five minutes longer. Waffles should be turned but once in the baking.

If waffles are to stand any length of time, dust the waffles, as soon as baked, with powdered sugar and just before serving them slide them under the broiler of the gas oven. The sugar will slightly melt and glaze the waffles and they will be crisp and fresh.

Plain Waffles

1½ cupfuls bread flour
2 teaspoonfuls baking powder
2 eggs
1 cupful milk
2 tablespoonfuls melted shortening
½ teaspoonful salt

Sift together the flour and salt; beat the egg yolks; pour the milk into them and add the melted shortening. Stir this into the dry ingredients, then fold in the egg whites, beaten stiff. At this point, beat the mixture with a spoon or wire whisk until it is full of bubbles; then cook as directed.

Date Waffles

Follow the directions given in the preceding recipe, adding with the flour a cupful of coarsely chopped dates.

Entire-Wheat Waffles

Observe the proportions and directions given in the recipe for Plain Waffles, substituting entire-wheat flour for the bread flour.

Buttermilk Waffles

Follow the directions given for either Plain or Entire-Wheat Waffles, substituting buttermilk for the sweet milk and using a half teaspoonful of baking soda sifted in with the flour instead of the baking powder.

Pound-Cake Waffles

¾ cupful butter or margarine
1 cupful granulated sugar
4 eggs
⅔ cupful milk
1½ cupfuls bread flour
2 teaspoonfuls baking powder
½ teaspoonful salt
1 teaspoonful lemon or vanilla extract

Cream the shortening and sugar thoroughly together, add the yolks of the eggs well beaten, the milk, flavouring, and the flour, salt, and baking powder sifted together. Last of all, fold in lightly the whites of the eggs beaten until stiff and bake as ordinary waffles.

These waffles will keep fresh for several days if stored in an air-tight container.

Rice Waffles

1 cupful bread flour
½ teaspoonful salt
2 teaspoonfuls baking powder
2 tablespoonfuls sugar
2 tablespoonfuls melted butter
2 eggs
1 cupful milk
1 cupful cold cooked rice

Sift together the flour, salt, and baking powder, add the sugar and moisten with the yolks of the eggs beaten with the milk. Beat until smooth, stir in the rice and melted butter, and last of all fold in the whites of the eggs which have been beaten until stiff. Have the waffle iron thoroughly hot and carefully oiled, pour in batter to just fill the lower half of the iron, close, and turn over immediately. Bake about five minutes and serve as quickly as possible that the waffles may not become tough.

Cornmeal Waffles

1 cupful cornmeal mush
1 cupful bread flour
½ teaspoonful salt
2 tablespoonfuls sugar
2 teaspoonfuls baking powder
2 eggs
2 tablespoonfuls melted butter
1 cupful milk

Add the yolks of the eggs to the cornmeal mush and beat until smooth. Sift together the flour, salt, and baking powder, add the sugar, then the cornmeal mixture and the melted butter. Beat thoroughly and just before baking fold in gently the whites of the eggs beaten until stiff. Bake as directed for Rice Waffles.

SPOON BREADS

Spoon Breads are used very largely in the South but very little in the other sections of the United States. They always contain cornmeal and frequently hominy or rice, or a combination of both. They may be used as the substantial dish,

that is the protein, at breakfast, luncheon, or supper, or instead of potato and as a partial protein at a simple dinner.

As they are a thin mixture—literally bread to be spooned—they should be considered next in the evolution of bread mixtures.

Plain Spoon Bread

2 cupfuls whole cornmeal
1½ teaspoonfuls salt
1 cupful boiling water
2 eggs
1½ tablespoonfuls butter
1½ cupfuls milk
2 teaspoonfuls baking powder

Pour just enough boiling water over the cornmeal to make it the consistency of a very thick mush (usually a cupful), then add the butter, melted, and when cool the well-beaten eggs, baking powder, and milk. Beat all very thoroughly, turn into an oiled baking dish, and bake from thirty to forty minutes in a moderate oven—350 degrees F.

Sour Milk Spoon Bread

Follow the directions given in the preceding recipe, substituting sour milk or buttermilk for the sweet milk and a teaspoonful of baking soda for the baking powder.

Corn-and-Rice Spoon Bread

Follow the proportions given in the recipe for Plain Spoon Bread, substituting a cupful of cooked brown or unpolished rice for one cupful of the cornmeal.

Hominy Spoon Bread

¾ cupfuls cooked hominy
¾ teaspoonful salt
Few grains pepper
1 egg
1½ tablespoonfuls melted butter
1½ cupfuls milk

Beat the egg until light, add the remaining ingredients, transfer to a well-oiled baking dish, and bake from thirty to forty minutes in a moderate oven—350 degrees F. If to be used instead of meat, add a second egg.

Spider Spoon Bread

2½ cupfuls milk
1⅛ cupfuls whole cornmeal
½ cupful bread flour
4 teaspoonfuls baking powder
1¼ tablespoonfuls sugar
1 teaspoonful salt
2 eggs
2 tablespoonfuls butter

A FIRST COURSE FOR LUNCHEON

Tomato bouillon with whipped cream and bread sticks

TABLE SET FOR A BEAUTY LUNCHEON

Menu, essence of celery, entire wheat bread and butter, jellied fruit and nut salad, tea

Combine the dry ingredients, then beat in the milk and the eggs, well beaten. Melt the butter in a medium-sized heavy frying pan, pour in the mixture but do not stir it. Cover and bake for fifteen minutes in a moderate oven—350 degrees F.—then uncover and bake until firm in the centre—for about twenty minutes longer. When done, this dish should contain a custard-like layer in the middle.

MUFFINS

There is a type of muffin to fit the needs of nearly every meal, for we have a wide variety—beginning with the dainty potato flour muffin, continuing through the fruit muffins, nut muffins, and even the more substantial meat muffins that are served at breakfast, luncheon, or supper.

However, in making muffins there are, basically speaking, only a few broad recipes to follow. In planning the various muffins to be used in different types of meals, remember that a whole-grain muffin adds bulk; a muffin rich in nut meats and eggs adds protein; muffins containing left-over meat and bits of crisp bacon are partial proteins; muffins made with plain white flour or potato flour are starches; and that very sweet muffins or those containing fruit, as raisins and dates, may be served with jam or jelly as a dessert.

Plain Muffins

2 tablespoonfuls shortening
2 tablespoonfuls sugar
1 egg
½ teaspoonful salt
1 cupful milk
2 cupfuls bread flour
3 teaspoonfuls baking powder

Measure the shortening into a granite bowl or large saucepan, and if a hard shortening is used, melt it. Stir in the sugar and egg, then add the milk and the flour, baking powder, and salt mixed. Beat to make a smooth batter, transfer to oiled muffin pans and bake from twenty-five to thirty minutes in a hot oven—375 degrees F.

Raisin Muffins

Add with the flour in the preceding recipe one-half cupful of halved raisins.

Nut Muffins

Add with the flour in the recipe for Plain Muffins one-half cupful of broken nut meats, any kind.

Currant and Nut Muffins

Add with the flour in the recipe for Plain Muffins one-fourth cupful each of currants and broken nut meats, any kind.

Graham Muffins

Substitute one cupful of graham flour for one of the cupfuls of bread flour in the recipe.

Ham-and-Bacon Muffins

Omit one tablespoonful of sugar in the recipe for Plain Muffins and add one-half cupful of chopped cooked bacon or minced ham with the flour. Serve as the substantial course at luncheon or breakfast.

New England Muffins

Follow the proportions and general directions for Plain Muffins, using two eggs, a fourth cupful of sugar, and three tablespoonfuls of melted shortening. Beat the mixture very thoroughly.

Entire-Wheat Muffins

1¼ cupfuls entire-wheat flour
¾ cupful bread flour
2½ tablespoonfuls sugar
3 teaspoonfuls baking powder
1 teaspoonful salt
1 cupful milk
1 egg
1 tablespoonful melted shortening, any kind

Thoroughly mix the dry ingredients and gradually stir in the milk, the egg, well beaten, and the shortening. Transfer to heated, oiled gem pans and bake for twenty-five minutes in a hot oven—375 degrees F.

Entire-Wheat and Date Muffins

Add a cupful of chopped dates to the entire-wheat flour before combining it with the other ingredients in the preceding recipe.

Fruit and Nut Muffins

Follow the recipe for entire-wheat muffins, adding with the flour a half cupful each of chopped walnut meats and halved seeded raisins.

Corn Muffins

1 cupful cornmeal
1 cupful bread flour
⅔ teaspoonful salt
3 teaspoonfuls baking powder
1 tablespoonful sugar
1 egg
1 cupful milk
2 tablespoonfuls melted shortening

Sift together the cornmeal, flour, salt, and baking powder, add the sugar, then the well-beaten egg, milk, and melted shortening. Beat thoroughly, turn into hot oiled muffin pans, and bake in a moderately hot oven—350–375 degrees F.—from twenty to twenty-five minutes.

Corn and Entire-Wheat Muffins

Substitute seven-eighths cupful of entire-wheat flour for the white flour and use molasses in place of the sugar in the above recipe.

Corn and Date or Raisin Muffins

Add to the recipe for corn muffins two-thirds cupful of stoned chopped dates or seeded halved raisins.

Corn and Pork Scrap Muffins

Substitute for the melted shortening in corn muffins one-half cupful of pork scraps from which the lard has been tried out.

Rice Muffins

2¼ cupfuls bread flour
¾ cupful left-over cooked rice
3½ teaspoonfuls baking powder
1 egg
1 cupful milk
2 tablespoonfuls melted butter or a substitute
½ teaspoonful salt
3 tablespoonfuls sugar

Sift together the flour, salt, and baking powder, add the sugar and the rice and mix these in thoroughly. Then moisten with the well-beaten egg, melted shortening, and milk. Beat thoroughly and bake in well-oiled muffin pans

from twenty to thirty minutes in a moderately hot oven—350 to 375 degrees F.

Potato Flour Muffins

3 eggs
4 tablespoonfuls cold water
2 tablespoonfuls sugar
¾ cupful potato flour or potato starch
½ teaspoonful salt
1 teaspoonful baking powder

Beat the yolks of the eggs with the sugar until thick and lemon-coloured. Add the water, then sift in gently the potato flour, salt, and baking powder. Beat the whites of the eggs until stiff, turn them into the batter, and fold in very gently. Bake in oiled muffin pans in a very moderate oven—about 350 degrees F.—about twenty minutes.

Crumb Muffins

1 cupful dried and sifted bread crumbs
1 tablespoonful butter or margarine
1 tablespoonful sugar
½ teaspoonful salt
½ cupful scalded milk
1 egg
½ cupful cold milk
¾ cupful bread flour
3 teaspoonfuls baking powder

Mix together the bread crumbs, shortening, sugar, salt, and scalded milk; when cool, add the egg, well beaten, the milk, and the flour and baking powder sifted together. Beat well and bake in oiled muffin pans twenty minutes in a moderate oven—350–375 degrees F.

Squash, Pumpkin, or Sweet Potato Muffins

1 egg
½ cupful sugar
2 tablespoonfuls melted shortening
1 cupful sifted cooked squash, pumpkin, or sweet potato
1 cupful milk
3 cupfuls bread flour
3 teaspoonfuls baking powder
½ teaspoonful salt

Beat the egg thoroughly, creaming into it the sugar, the shortening, and vegetable. Stir in the milk and then the flour mixed with the baking powder and salt. Beat thoroughly, transfer to oiled muffin pans, and bake for thirty minutes in a quick oven—375 degrees F.

Rolled Oats Muffins

2 cupfuls rolled oats
1½ cupfuls sour milk or buttermilk
¼ cupful sugar
1 egg
1½ tablespoonfuls melted shortening
1 teaspoonful baking soda
1½ teaspoonfuls salt
1 cupful bread flour

Add the oats to the milk, let stand overnight and in the morning beat in the remaining ingredients. Transfer to well-oiled muffin pans and bake from thirty to thirty-five minutes in a quick oven—375 degrees F.

Eggless Bran Muffins

2 cupfuls bran
1½ cupfuls bread flour
1 teaspoonful salt
1 teaspoonful baking soda
½ cupful Barbados molasses
1¾ cupfuls milk
3 tablespoonfuls melted shortening

Sift together the flour, salt, and soda, add the bran, then mix to a rather soft batter with the milk, molasses, and shortening. Beat thoroughly and bake in oiled muffin pans in a moderate oven—350 degrees F.—for about twenty-five minutes.

These muffins keep moist and can be easily reheated either in the oven in a covered pan or over a pan of hot water.

Raisin Bran Muffins

Prepare the recipe for eggless bran muffins and add with the flour one-half cupful of halved raisins.

Gluten or Reducing Muffins

2 cupfuls gluten flour
1 cupful bran
¾ teaspoonful salt
3 teaspoonfuls baking powder
1 egg
1¾ tablespoonfuls melted shortening
½ cupful each milk and water

Combine the dry ingredients, add the milk and the egg, well beaten, then the shortening. Transfer to oiled muffin pans and bake for twenty-five minutes in a hot oven—375 degrees F.

Bran-and-Oat Muffins

2 cupfuls bran
1 cupful rolled oats put through the food chopper
1 cupful bread flour
3 teaspoonfuls baking powder
½ cupful brown sugar
1½ teaspoonfuls salt
1 tablespoonful melted shortening
1 egg
1¾ cupfuls milk
¾ cupful cold water

Put the ingredients together in the order enumerated, beating well with each addition of liquid. Transfer to oiled muffin pans and bake from thirty to thirty-five minutes in a quick oven—375 degrees F.

QUICK BREADS

Quick breads differ from griddle cakes, muffins, and biscuits in this—they are usually cooked in a loaf or in a large pan, sheet fashion. Under this classification we have all types of corn cakes and whole-grain breads of that nature, all types of Sally Lunn and adaptations of this bread, such as the cinnamon hot bread and the blueberry cake given in this chapter, soft gingerbread, nut and fruit loaves raised with baking powder or with sour milk or buttermilk and soda, and all of the steamed loaf breads.

Most of these breads may be served either hot or cold and should be introduced into the menu as carefully as muffins or any of the other breads, which can act as a vehicle for certain food elements. For instance, a nut bread helps to round out the protein portion of a meal; a soft gingerbread adds considerable sugar and therefore must be classified as a sweet; a whole-grain corn cake adds bulk and vitamines.

Corn Bread with Sour Milk

2 cupfuls whole cornmeal
1 scant teaspoonful baking soda
1 tablespoonful sugar
1 egg, well beaten
2 tablespoonfuls melted shortening
2 cupfuls sour milk or buttermilk
¾ teaspoonful salt

Put the ingredients together in the order given, beat very thoroughly, transfer to a small, well-oiled dripping pan, and bake from thirty to thirty-five minutes in a quick oven—375 degrees F.

Bannocks

1 cupful cornmeal
Boiling water
2 eggs
1 cupful milk
2 tablespoonfuls melted butter or a substitute
⅔ cupful flour
½ teaspoonful salt
1½ teaspoonfuls baking powder

Pour over the cornmeal just enough boiling water to moisten it, cover closely, and set aside for half an hour to swell. Then add the beaten eggs and milk with the melted shortening, and last of all the flour, salt, and baking powder which have been sifted together. Beat thoroughly, turn into well-oiled shallow pans and bake in a moderately hot oven—350–375 degrees F.—twenty-five to thirty-five minutes.

Cracklin' Bread

2 cupfuls whole white cornmeal
½ teaspoonful salt
Cold water to make a thick batter
1 cupful cracklin's, broken small

Sift the cornmeal and salt, moisten with the cold water, stir in the cracklin's and drop by tablespoonfuls in oblong shapes on to a slightly oiled hot griddle. Cook until golden brown and serve immediately.

Cracklin' bread is sometimes made a little stiffer (using an additional half cupful of cornmeal), then shaped with the hands into oblong cakes, and baked in the oven instead of on a griddle.

Bacon Bread

Substitute bits of cooked crisp bacon for the cracklin's.

NOTE: Cracklin's are the crisp scraps of fat tissue left over after the lard has been rendered from fat pork. They are eaten extensively in rural Southern sections during the winter, which, of course, is the time that cracklin's are most easily obtainable.

Sometimes, instead of being put into the corn bread, cracklin's are heated in a moderate oven and eaten with corn bread.

Of course, they may be made in small quantity at any time by buying the flead or lard pork, trying out the fat, and then using the residue for making the cracklin' bread.

Correctly served, they should be accompanied by rich buttermilk.

Sally Lunn

2 cupfuls flour
4 teaspoonfuls baking powder
½ teaspoonful salt
2 tablespoonfuls sugar
2 eggs
1 cupful milk
¼ cupful melted butter or margarine

Sift the dry ingredients together, add the eggs well beaten, the milk and shortening. Beat thoroughly, pour into a shallow oiled pan, and bake in a moderate oven—350–375 degrees F.—twenty minutes.

Berry Tea Cake

Follow the preceding recipé with this exception, increase the sugar to three-fourths cupful, and add to the dry ingredi-

ents a cupful of blueberries or huckleberries mixed with two tablespoonfuls of flour.

Graham Bread

3 cupfuls graham meal (really entire-wheat flour)
½ cupful sugar
1½ teaspoonfuls salt
2 eggs
1 cupful bread flour
1 teaspoonful soda
2 teaspoonfuls cream of tartar
2 tablespoonfuls melted shortening, any kind
1 pint sour or buttermilk

Beat the eggs, cream in the sugar and salt, and add the shortening. Sift the soda and cream of tartar with the flour and add alternately to the first mixture with the milk. Beat in the flour, transfer to a good-sized oiled bread pan, and bake for forty-five to fifty minutes in a fairly hot oven—350–375 degrees F.

Cinnamon Hot Bread

⅔ cupful sugar
2½ tablespoonfuls shortening
¼ teaspoonful salt
1 egg
⅔ cupful milk
1½ cupfuls bread flour
3 teaspoonfuls baking powder
¼ cupful granulated sugar mixed with ⅓ teaspoonful cinnamon

Cream together the shortening and sugar, beat in the salt, the egg, well beaten, and then add the milk. Beat in the flour and baking powder sifted together, transfer to a medium-sized, well-oiled dripping pan, sprinkle with the sugar and cinnamon mixed, and bake from twenty-five to thirty minutes in a hot oven—375 degrees F.

Entire-Wheat Nut Bread

2 cupfuls entire-wheat flour
½ cupful bread flour
¾ teaspoonful salt
2½ teaspoonfuls baking powder
1 tablespoonful sugar
1 cupful chopped nut meats
1¾ cupfuls milk

Sift together the bread flour, salt, and baking powder and add them with the sugar and nut meats to the whole-wheat flour. Mix to a light, soft dough with the milk, turn into one large or two small oiled bread pans, and bake from thirty to forty minutes in a moderate oven—350 degrees F.

Raisin or Date Bread

Substitute for the nuts in the preceding recipe a cupful of quartered dates or halved raisins.

Nut-and-Raisin Bread

4 cupfuls bread flour
4 teaspoonfuls baking powder
⅔ cupful sugar
1 teaspoonful salt
4 tablespoonfuls melted shortening
2 eggs
¾ cupful coarsely chopped walnut meats (any kind)
½ cupful coarsely chopped raisins
2 cupfuls milk

Sift together the dry ingredients and then add the nuts and raisins. Beat the eggs well and add them to the first mixture with the milk and shortening Transfer to one large, well-oiled bread pan or two small oiled bread pans, and bake from forty-five to fifty minutes in a quick oven—375 degrees F.

Soft Gingerbread

1 egg (optional)
1 cupful Barbados molasses
3 tablespoonfuls shortening (any kind)
2 teaspoonfuls ginger
1 teaspoonful baking soda
½ teaspoonful salt
½ cupful boiling water
2 cupfuls bread flour

Beat the egg, add the molasses and the other ingredients in the order given, melting the shortening. Beat thoroughly, transfer to a well-oiled pan about nine inches square, and bake from forty to forty-five minutes in a moderate oven—350 degrees F.

Steamed Brown Bread

1 cupful coarse entire-wheat or graham flour
1 cupful grape-nuts
2 cupfuls cornmeal
1¼ teaspoonfuls salt
2 cupfuls sour milk
¾ cupful molasses
1 teaspoonful baking soda dissolved in 1 tablespoonful boiling water

Combine the liquids, add the soda, and beat in the remaining ingredients. Transfer to three round one-pound baking powder cans, well oiled, cover, and steam for one and one-half hours; or cook in a three-pound lard pail for four hours.

Blueberry Brown Bread

1½ cupfuls coarse entire-wheat flour
1 cupful rye meal
2½ cupfuls cornmeal
1 teaspoonful baking soda
2 cupfuls sour milk
½ cupful Barbados molasses
1 teaspoonful salt
1 cupful blueberries

Mix the ingredients in the order given, pour into a well-oiled mould, cover, and steam for three hours.

This makes enough for several meals but it will keep moist for some time.

Raisin Brown Bread

Substitute raisins for the blueberries in the preceding recipe.

Nut-and-Date Brown Bread

Substitute a half cupful each of chopped dates and walnut meats (any kind) for the blueberries in the recipe for Blueberry Brown Bread.

Rye-'n-Injun Bread

1 cupful rye flour
1 cupful Indian meal
1 cupful graham flour
2 teaspoonfuls baking powder
1½ cupfuls milk
1 teaspoonful salt
½ cupful molasses
½ teaspoonful soda
1 egg

Sift together all the dry ingredients except the soda. Dissolve the soda in a tablespoonful of boiling water, add it to the molasses, stir the two together, and pour into the dry ingredients, adding at the same time the egg, well beaten, and the milk. Mix all thoroughly, turn into oiled pans, cover, and steam for three hours. The pans should be not more than two thirds full to allow for raising.

If desired, bake for ten minutes after turning out of the moulds.

Almond Coffee Cake

3 cupfuls bread flour
1 teaspoonful salt
4 teaspoonfuls baking powder
4 tablespoonfuls sugar
3 tablespoonfuls shortening
1½ cupfuls milk
1 egg
½ cupful blanched shredded almonds

Sift together the flour, salt, and baking powder, add three tablespoonfuls of the sugar, rub in the shortening, and mix to a

light dough with the milk to which has been added the well-beaten egg. Turn into a well-oiled baking pan, brush over with milk or melted shortening, and sprinkle the remaining sugar and shredded almonds over the top. Bake thirty minutes in a moderate oven—350–375 degrees F.

SCONES

Pronounce them with a short "o", please, for if you say "scones" with the "o" as in home everyone will know you are not a Scotchman! This particular form of bread is just as popular in Scotland as hot biscuits are here; in fact, the two are second cousins!

In the Land o' Cakes you will be served oven scones, 'tatie (potato) scones, oatmeal scones, girdle scones, and many others. A great deal of the baking of both the oat-cake and oatmeal scones is done on the girdle or griddle hung on a hook above the open fire—that is, it used to be—of course, nowadays open fires are disappearing in favour of the more convenient gas range—but how good these Scotch dishes cooked in an iron kettle or on the "girdle" used to be!

As to how to use them, they are correct with afternoon tea, and delicious as the hot bread, or, when served with jam or marmalade, as the dessert at luncheon or supper.

Any of the scones given in this book may be made richer by the addition of a slightly beaten egg, in which case omit two tablespoonfuls of milk from the recipe.

Plain scones may also be varied by the addition of either raisins or currants—in Scotland, what are known as sultana raisins, or what we would call seedless raisins, are generally used.

A rich brown gloss is sometimes given to the surface of the scones by brushing them over just before baking with beaten egg. If using an egg in the mixing, reserve a half teaspoonful for this purpose.

Scones

2 cupfuls bread flour
3 teaspoonfuls baking powder
½ teaspoonful salt
2 tablespoonfuls butter or a substitute
About ⅔ cupful top milk

Sift together the flour, salt, and baking powder. Rub in the shortening and mix to a rather soft dough with the top

milk. Divide into two portions, roll each into a round half an inch thick, cut across so as to form four triangular-shaped cakes, brush the tops with milk, and bake in a moderately hot oven—375 degrees F.—twelve to fifteen minutes. Split, butter, and serve while still hot.

Potato Scones

2 cupfuls bread flour
½ teaspoonful salt
4 teaspoonfuls baking powder
1 cupful mashed potato
2 tablespoonfuls butter or a substitute
¾ cupful milk

Sift together the flour, salt, and baking powder; add the potato and shortening and work in with the finger tips. Add the milk and mix to a soft dough with a knife. Divide into two portions, work with the fingers until smooth, roll out about half an inch thick on a floured board, and cut across as directed in the preceding recipe. Bake on a hot slightly oiled griddle about twenty minutes, turning two or three times during the cooking that they may be evenly baked. Split, butter generously, and serve hot.

Oatmeal Scones

1 cupful Scotch or Irish oatmeal
¾ cupful scalded milk
2 tablespoonfuls butter or a substitute
1½ cupfuls bread flour
3 teaspoonfuls baking powder
¾ teaspoonful salt
2 tablespoonfuls sugar

Pour the scalded milk over the oatmeal, add the shortening, and set aside until cold. Sift together the flour, baking powder, sugar, and salt, add to the oatmeal mixture, and mix thoroughly. Then roll and cut as directed. Bake either on a slightly oiled hot griddle or in a moderate oven—350–375 degrees F.—fifteen to twenty minutes.

Cream Scones

1½ cupfuls bread flour
½ teaspoonful salt
2 tablespoonfuls sugar
3 teaspoonfuls baking powder
About ⅔ cupful thin cream

Sift together the flour, salt, sugar, and baking powder. Mix to a soft dough with the cream, roll and cut as directed. Bake in a moderately hot oven—350–375 degrees F.—about fifteen minutes. Split, butter, and serve hot.

Butter Cakes (Quick Method)

3 cupfuls bread flour
1 scant teaspoonful soda
½ teaspoonful baking powder
1 teaspoonful salt
1 teaspoonful sugar
1¼ cupfuls buttermilk or sour milk

Sift together the dry ingredients, then gradually stir in the buttermilk or sour milk to make a dough that can be handled. It may be necessary to use a little more of the milk. Turn on to a floured board, roll to one-half inch in thickness, cut into large rounds, and bake slowly on a well-oiled griddle; the time needed will be from eight to ten minutes. The butter cakes should be turned only once. Serve very hot with butter.

QUICK BISCUIT MIXTURES

The baking-powder biscuit is a distinctly different type of bread from any of the others considered in this chapter. In reality, next to the popover, it is the simplest, for it contains the fewest ingredients. On the other hand, the mixture is distinctly different, for instead of being a batter—that is, something which can be easily beaten with a spoon or dropped from the spoon—it becomes a dough or a mixture which can be handled—with one exception, that being drop baking powder biscuits. This type of mixture is an evolution from the old-fashioned soda biscuits made with sour milk, or the cream of tartar biscuits of thirty or more years ago. The mixture is capable of infinite variation, and when these foods are properly made and perfectly cooked they are probably as delicious as any form of cookery.

Plain baking-powder biscuits must be considered as starches; when made with entire-wheat flour they become a bulky food as well. If reinforced with nut meats they act as proteins; if raisins, dates, or other dried fruits are added they partake of the mineral and bulky nature; while if they are used as meat shortcakes they become really the main dish at the meal. If used with fruit in the form of shortcakes they are not only starches but acid, sweet, and bulk as well.

Plain Baking-Powder Biscuits

2 cupfuls bread flour
4 teaspoonfuls baking powder
1 teaspoonful salt
½ tablespoonful sugar
2 tablespoonfuls shortening (any kind)
From ¾ to 1 cupful milk

Sift together the dry ingredients, then work in the shortening with the finger tips or back of a spoon, keeping the mixture coarse and flaky. Stir in the milk, adding sufficient to blend the mixture; make it as moist as it can be handled. Toss on to a board which has been slightly sifted with flour and pat or roll out to one-half inch in thickness. Shape with a biscuit cutter, tucking under the fragments as you go so there will be no odds and ends. Transfer to a slightly oiled shallow pan and bake from twelve to fifteen minutes in a hot oven—375–400 degrees F.

If a glazed appearance is desired, brush over the biscuits with milk before putting them in the oven.

Entire-Wheat Baking-Powder Biscuits

Follow the directions and proportions for plain baking-powder biscuits, substituting entire-wheat flour for the bread flour and using a cupful of milk.

Drop Baking-Powder Biscuits

Follow the recipe for either plain or entire-wheat baking-powder biscuits, increasing the amount of milk to one and one-eighth cupfuls, or sufficient to allow the mixture to drop in clumps from the tip of a spoon. Drop on to a slightly oiled pan, keeping the biscuits at least an inch apart, and bake from fifteen to twenty minutes in a hot oven—375–400 degrees F.

Cheese Biscuits

Prepare the recipe for plain or entire-wheat baking-powder biscuits. When mixed divide the dough into two portions; roll one out thinly and spread it with a half cupful of grated American cheese mixed with a half teaspoonful of paprika. Lay the other half of the dough over this, sprinkle on a little extra grated cheese and paprika, pressing it in lightly, cut into rounds or dainty squares, and bake as directed.

Butterscotch or Maple Rolls

Prepare the recipe for plain baking-powder biscuits, turn the mixture on to a board, roll into an oblong piece a third-inch thick, and spread lightly to within an inch of the edge with three-fourths cupful of brown sugar, or scraped maple sugar, mixed with a third cupful of butter. Roll like a jelly roll, cut

in crosswise slices one inch thick, and place cut side down in well-oiled pans to bake, using an oven a little cooler than directed, lest the rolls burn.

Jelly Biscuits

Prepare the recipe for plain baking-powder biscuits, rolling the mixture out to one-fourth inch in thickness. Cut into rounds and on half of these place a half teaspoonful of any well-flavoured jelly. Brush the edges with milk, press over the remaining rounds, brush over the tops with milk, and bake as directed.

"Dog Biscuits"

3 cupfuls bread flour
4 teaspoonfuls baking powder
1 teaspoonful salt
⅓ cupful shortening
About 1 cupful milk
½ pound uncooked sausage meat
Tomato sauce or brown gravy, if desired

Sift together the flour, salt, and baking powder. Rub in the shortening, then mix to a light dough with the milk. Divide into two portions and roll out. Thinly spread one portion with the sausage meat and cover this with the remainder of the dough. Cut into squares, prick with a fork, and bake for twenty minutes in a quick oven—375 degrees F. Serve plain or with either of the sauces.

English Tea Biscuits

1¾ cupfuls bread flour
¼ cupful cornstarch
2 teaspoonfuls baking powder
1 teaspoonful salt
2 tablespoonfuls butter, or margarine
2 tablespoonfuls sugar
½ cupful chopped raisins
1 egg
½ cupful milk

Sift together the flour, cornstarch, baking powder, and salt, rub in the shortening, then add the sugar and the raisins, and mix these through the other ingredients. Moisten with the egg and milk, turn on to a floured board, and roll or pat out to about a half inch thick. Cut with a small biscuit cutter, bake twelve to fifteen minutes in a moderately hot oven—375 degrees F.

Gluten Quick Biscuits

2½ cupfuls gluten flour
5 teaspoonfuls baking powder
¾ teaspoonful salt
2 tablespoonfuls shortening
1 cupful skimmed milk or water

Sift together the dry ingredients, then work in the shortening with the finger tips. Finish as for ordinary baking-powder biscuits.

Cream Biscuits

2 cupfuls bread flour
4 teaspoonfuls baking powder
¾ teaspoonful salt
1 teaspoonful sugar
1 cupful sweet cream

Sift together the dry ingredients, beat in the cream, transfer to a slightly floured board, pat to one-half-inch thickness, and shape with a small round cutter. Bake for fifteen minutes in a hot oven—375–400 degrees F.

Currant Biscuits

Add a half cupful of well-cleaned currants to the flour in the preceding recipe.

Baking-Powder Biscuit Rolls

2 cupfuls bread flour
4 teaspoonfuls baking powder
½ teaspoonful salt
2 tablespoonfuls shortening
1 egg
¾ cupful milk

Sift together the dry ingredients, rub in the shortening with the finger tips until the mixture is coarse and flaky, then add the beaten egg and the milk. The mixture should be moist but so that it can be handled. Transfer to a slightly floured board, roll to one-fourth-inch thickness, shape into rounds with a biscuit cutter and lightly butter each round. Press each round almost through with the dull back of a case knife, fold over Parker House roll fashion, transfer to a slightly oiled shallow pan and bake from twenty to twenty-five minutes in a quick oven, from 375 to 400 degrees F.

Fruit Rolls

Follow the proportions and directions as given in the preceding recipe, laying on half of each round, before folding over, a few bits of chopped, well-drained cooked prunes or figs.

Peanut Butter Rolls

Follow the directions for baking-powder biscuit rolls, spreading each round with a little peanut butter as well as plain butter before folding over.

Quick Hot Cross Buns

Follow the proportions and directions as given in baking-powder biscuit rolls, cutting the mixture into quite good-sized rounds. When nearly baked, brush over with a slightly beaten egg white and granulated sugar, and when thoroughly baked and cold, decorate each one with a small cross of confectioners' sugar frosting, applied by means of a sheet of letter paper folded into a cone shape.

Nut Butter Fingers

Follow the proportions and directions for baking-powder biscuit rolls, dividing the mixture into two portions. Roll out even and spread one portion generously with peanut butter or very finely chopped walnut meats mixed with a little plain butter. Cover with the remainder of the dough, press the two portions firmly together, cut into finger strips and bake for about twenty minutes in a moderately hot oven, from 350 to 375 degrees F.

Soda Biscuits

4 cupfuls bread flour
2 tablespoonfuls butter or a substitute
1 teaspoonful salt
1 teaspoonful soda
2 cupfuls thick sour milk or buttermilk

Sift the flour, salt, and soda together twice. Rub in the shortening and mix to a light soft dough with the sour milk or buttermilk, working as quickly as possible. Turn on to a floured board, pat out about half an inch thick, cut into biscuits, and bake immediately from twelve to fifteen minutes in a moderately hot oven—about 375 degrees F.

French Toast

1 egg
1 cupful milk
1 teaspoonful sugar
$\frac{1}{8}$ teaspoonful salt
Slices of stale bread, white or entire wheat

Cut the bread into rather thick slices, removing the crusts, if desired. Beat the egg until light, add the milk, sugar, and salt, and dip the slices of bread into this. Remove instantly, then brown on a hot, well-oiled griddle or frying pan.

The above quantity of "custard" will be enough for eight slices of bread.

Serve with bacon for breakfast, or with canned or preserved fruit as a dessert or luncheon dish.

SHORTCAKES

There are two kinds of shortcakes—savoury and sweet. The savoury shortcakes are made with a biscuit foundation containing no sugar and are put together with a creamed vegetable, creamed fish, or creamed meat, or meat minced and heated in gravy or tomato sauce.

Sweet shortcakes are invariably put together with fresh sweetened or stewed sweetened fruit. They usually contain a trace of sugar in the dough.

Cake shortcakes are an entirely different dish and will be found under Desserts.

Plain Biscuit Shortcake

3 cupfuls bread flour
6 teaspoonfuls baking powder
1 teaspoonful salt
¼ cupful shortening (any kind)
Equal parts milk and water, mixed (about a cupful)

Sift together the dry ingredients, then rub in the shortening with the finger tips or the back of a spoon till the mixture looks flaky. Moisten with the milk and water, making the mixture as soft as can be handled. Divide the mixture into two parts, press half of it into an oiled layer-cake pan, then brush it over lightly with melted butter or a good margarine. Shape the second portion of dough round and place it over the first. Then bake the shortcake in a hot oven—375–400 degrees F.—for about thirty minutes. When done the two layers can easily be separated and the desired filling put in.

Individual Shortcakes

These are a distinct economy, as just as many shortcakes can be made up as are needed; therefore no filling will be wasted. In this case, shape the mixture into good-sized rounds a half-inch thick and bake in a hot oven as for ordinary baking-powder biscuits. Split and open them while warm, and in putting the shortcakes together, turn the top layer crumb side up so that the shortcake filling will not slide off.

Savoury Shortcake Fillings

Minced Lamb, Chicken, Beef, or Veal Shortcake

Minced lamb, chicken, beef, or veal with a seasoning of minced green pepper, if desired, and a few drops of onion juice, moistened with one and one-half cupfuls of white sauce or gravy to three cupfuls of meat. Tomato sauce may be used, if desired, with the beef or lamb.

Ham or Dried-Beef Shortcake

One cupful of minced, cooked ham or shredded, freshened dried beef mixed with one and one-half cupfuls of white sauce.

Bacon Shortcake

Individual shortcakes, split and put together with thin slices of crisp bacon or salt pork and plenty of white sauce. The tops should be garnished with the salt pork or bacon.

Creamed Fish Shortcake

Flaked tuna fish, salmon, or white fish heated in savoury egg sauce or white sauce—one and one-half cupfuls of the sauce being allowed to three cupfuls of the fish.

Oyster Shortcake

One pint of oysters heated until they curl in a cupful of white sauce or Béchamel sauce.

Creamed Asparagus Shortcake

Asparagus tips cut in inch lengths, mixed with one and one-half cupfuls of savoury egg sauce to three cupfuls of the vegetable.

Creamed Vegetable Shortcake

One cupful of sliced cooked carrots and one and one-half cupfuls of diced cooked string beans combined with one and one-half cupfuls of white sauce. The shortcake should be garnished with crisp bacon.

Sweet Shortcake Fillings

Strawberry Shortcake

One quart of strawberries sliced and mixed with a cupful of sugar and allowed to stand for at least two hours in a cool place. Serve with plain or whipped cream.

Peach Shortcake

One quart of peaches peeled, sliced, and mixed with a half cupful of sugar and a few drops of lemon juice, then allowed to stand for at least thirty minutes. If desired, sliced canned or stewed peaches may be used. Serve with plain or whipped cream.

Pineapple Shortcake

One medium-sized fresh pineapple shredded and mixed with a few drops of lemon juice and a half cupful of sugar and allowed to stand for at least thirty minutes. Grated canned pineapple may be used, if desired. Serve with marshmallow creme sauce.

Blackberry or Raspberry Shortcake

One quart of berries washed and mixed with a half cupful of sugar and allowed to stand for at least two hours before using. Serve with plain or whipped cream.

Blueberry or Huckleberry Shortcake

Stew a quart of the berries, adding a cupful of water and three-fourths cupful of sugar. Cool before using. Serve the shortcake with whipped cream.

Apple or Pear Shortcake

Use one quart of baked apple sauce or baked pear sauce and serve the shortcake with whipped cream. The sauce should be flavoured with a little nutmeg or cinnamon.

Orange Shortcake

Slice enough oranges to make a quart of pulp, sweeten to taste with sugar (about one-half cupful), and let stand in a

cool place for at least thirty minutes before using. Serve with marshmallow creme sauce made with orange juice.

DUMPLINGS

Dumplings are served in different ways. There are drop dumplings which are used as an accompaniment to soups, stews, and certain chowders, being cooked directly in the boiling liquid. There are steamed dumplings which are shaped with the biscuit cutter and cooked in a steamer over boiling liquid or in a steamer; and there are shaped dumplings which are laid upon a boiling stew or boiling fruit sauce, covered closely, and cooked. Dumplings may be made of either white or entire-wheat flour and are practically the same as a baking-powder biscuit mixture, with this exception—they contain very little shortening.

When used as an accompaniment to a soup, stew, or chowder they take the place of a starchy vegetable or bread, as the case may be. When used as a sweet dumpling they act as a bread or starch, the fruit accompaniment serving as an acid and bulky food.

Still another type is the baked dumpling, as baked apple dumpling, peach dumpling, etc. The food value of these is the same as that of the steamed fruit dumplings and they are used in the same way—as dessert in a meal.

While these are the dumplings served most usually in this country, there are many other types served in foreign countries, which we would do well to introduce if we wish to increase our food repertoire. Among these are potato dumplings, caraway dumplings, and the suet dumplings of England. For convenience' sake, they can be classified as savoury dumplings and when used they should be introduced with the same idea of food value as when our more American types are used.

Plain Dumplings

2 cupfuls bread flour
4 teaspoonfuls baking powder
½ teaspoonful salt
1 tablespoonful shortening (any kind)
¾ cupful milk

Sift together the dry ingredients and rub in the shortening with the finger tips, keeping the mixture coarse and flaky. Add the liquid, then toss the mixture on to a floured board,

pat to one-half inch in thickness, and shape with the biscuit cutter.

If to be cooked in a boiling liquid, allow twenty minutes, having the liquid boiling when the dumplings are laid in it. Cover the utensil closely.

If to be steamed, slightly butter the bottom of the steamer and allow from fifteen to eighteen minutes, the utensil being closely covered.

Entire-Wheat Dumplings

Observe the proportions and directions given for plain dumplings, substituting entire-wheat flour for the bread flour.

Drop Dumplings

Follow the proportions and directions for either plain or entire-wheat dumplings, increasing the amount of liquid to one and one-eighth cupfuls. Drop the mixture by heaping teaspoonfuls into the boiling stew, chowder, or fruit sauce.

Boiled Apple Dumplings

Prepare the recipe for plain or entire-wheat dumplings, cutting them in rounds. Lay these on one and one-half quarts of boiling sweetened apple sauce, cover, and boil for twenty minutes. Serve warm with hard sauce, lemon, or orange liquid sauce.

Currant, Blueberry, or Cranberry Dumplings

Substitute boiling currant, blueberry, or cranberry sauce for the apple sauce and proceed as directed.

In making these sauces, allow a quart of fruit, a cupful of water and sugar to sweeten—a cupful will usually be sufficient, except for the cranberries.

Rhubarb Dumplings

Prepare a quart of rhubarb sauce according to the recipe given in the Fruit Section of this book and proceed as directed for boiled apple dumplings.

Baked Apple Dumplings

Prepare the recipe for plain biscuit shortcake. Roll out to a third inch in thickness and cut into five- or six-inch squares.

Place in the centre of each a small pared and cored apple, fill the centre with sugar mixed with a little cinnamon, sprinkle a little sugar over the apple, and then fold the dough around it. Place fold side down on an oiled baking pan and bake for about thirty minutes in a moderately hot oven, from 350 to 375 degrees F. Serve with a liquid sauce, such as lemon, orange, grape jelly, or a sauce made of the apple peelings.

Baked Peach Dumplings

Follow the directions given in the preceding recipe for baked apple dumplings, substituting for the apple, good-sized peaches peeled, cut in halves, and pitted.

Baked Canned-Fruit Dumplings

For these use canned pears, peaches, plums, pineapple, apricots, or apples flavoured with a little lemon juice. If the pieces of fruit are not too large, allow two to each dumpling. Serve with a sauce made of the fruit juice, sharpened with a little lemon juice and thickened with a half tablespoonful of flour creamed with a half tablespoonful of butter to each cupful of fruit juice.

Suet Dumplings

1 cupful bread flour
½ teaspoonful salt
1 teaspoonful baking powder
⅓ cupful beef suet
Cold water

Sift together the flour, salt, and baking powder, add the suet, which must be freed from all particles of skin and chopped very finely and add just enough water to moisten, probably about three tablespoonfuls. Divide into eight or ten dumplings and cook in a meat stew or gravy.

CHAPTER XIV

SANDWICHES

(All measurements are level)

THE term "sandwich" always implies the use of bread or a substitute, such as crackers or, in some instances, cake, combined with a filling that will harmonize. Up to a few years ago the two layers of the bread or its substitute were always used in sandwich making, the filling being put between. But the idea of the sandwich has undergone a change, many sandwiches now being made with but one layer of the bread, which really acts as a foundation.

From this slant, then, we have two types of sandwiches: the first, the closed sandwich—the second, the open sandwich. In reality, this type evolved from the canapé and I have always suspected that it could be traced to those who, wishing to reduce, desired to eat less bread!

The Sandwich Family

The sandwich family is constantly growing; a few years ago sandwiches were used mostly at picnics, afternoon teas, or for lunch-cart service, and were usually cold and not particularly interesting; they have grown in variety and number to such an extent that they are not only made in the most charming of our tea rooms and the most interesting of our delicatessen shops, but they are even appearing upon the best hotel and restaurant menus, the firm that can make the best and the most interesting sandwiches getting the trade.

In what way are these sandwiches used? Those of more substantial nature are used at luncheon or supper; those of more dainty type at afternoon tea. There is no reason why we have to go to a tea room or a restaurant to obtain these new and interesting sandwiches, for they are easily made and are well suited to home service; many of them, in fact, are

literally a meal in themselves, and if they are served at luncheon or supper, or for Sunday night supper with an accompaniment of coffee, tea, or cocoa—according to the type of sandwich—and a bit of fruit, the meal is balanced and no service is necessitated.

Many seem to feel that the making of sandwiches is difficult and takes considerable time. It really takes less time than it takes to prepare a whole meal and to serve it. If it is desirable to serve sandwiches at the family lunch, they can even be made at the table, as they are in Denmark—a pretty bread board and bread knife, a loaf of the right type of bread, and the right filling being put upon the table—the homemaker making them up as they are needed. In this way there is no waste.

But what is the real classification of the sandwich family?

I

Savoury sandwiches made with a foundation of yeast bread; any desired type of crackers, left-over corn bread or muffins, split; hot or cold baking-powder biscuit, split; pastry.

(a) **Dainty Cold Sandwiches**: These are always small and thin and are used for service when only a "bite" is desired as at receptions, afternoon teas, or as an accompaniment to the salad course.

Examples: Chicken paste sandwiches; pecan cheese sandwiches.

(b) **Substantial Cold Sandwiches**: These are rather large in size, the bread, however, being cut not more than a fourth-inch thick; the full size of the loaf is generally used.

Examples: Sliced ham and currant jelly sandwiches; Chauve Souris sandwiches. These are used as the substantial course at luncheon, supper, or an after-theatre supper.

(c) **Toasted Sandwiches**: These are generally substantial in nature and are used as the main course at luncheon, supper, or for after-theatre refreshments. The best example is the familiar club sandwich with its many variations, such as egg club sandwiches. However, many other sandwiches are toasted, the daintier type being used for afternoon tea, such as toasted Melba sandwiches, or toasted ham-paste sandwiches.

(d) **Fried Sandwiches**: These are made rather small and really partake of the nature of French toast. They usually have a savoury fish or meat filling and are always served as the main course at luncheon, supper, or for late evening refreshments. They are well adapted to chafing-dish cookery.

Examples: Tongue paste and green pepper sandwiches.

(e) **Sandwiches with Hot Fillings**: These are always substantial and are made of the desired type of bread, cut full size of the loaf, toasted or not, as desired. They are used as the substantial course at luncheon or supper. The best examples are creamed chicken sandwiches, roast beef sandwiches, Hamburg steak and gravy sandwiches.

II

Sweet sandwiches made with a foundation of bread of the right type—rolls, rusks, buns, or crackers, slightly sweetened biscuits, crisp ginger snaps, or plain or sponge cake, according to the type of sandwich desired. Such sandwiches may serve as the dessert course at luncheon or supper; may be used at afternoon tea or late evening refreshments, or at receptions, and in certain instances, as with an ice-cream or sponge cake sandwich, they are suitable for dessert at luncheon, dinner, and so on.

Frequently, the sweet filling is combined with something rather bland, yet a bit savoury, as cream or cottage cheese, or plain chopped or toasted chopped or ground nut meats. Sometimes the sweet idea is carried in the bread itself, a sweetened nut bread, raisin bread, fig bread, or date bread being used as the base.

(a) **Ham, Jelly, or Conserve Sandwiches**: These are usually made with a foundation of white bread, entire-wheat bread, or nut bread in case the conserve contains no nuts—the bread being spread with butter or cream cheese, or, if the filling is rather tart, the bread may be spread with equal parts of peanut butter and plain butter creamed together. Crisp crackers may be used instead of bread.

(b) **Toasted Sweet Sandwiches**: These are invariably made of white or entire-wheat bread, spread with creamed butter and with a filling of the desired jam, jelly, or marmalade.

(c) **Fruit Sandwiches**: These are made of white or entire-wheat bread spread with creamed butter and a filling of

slightly crushed strawberries, raspberries, sliced peaches, or shredded pineapple mixed with a hint of sugar. The bread should first be buttered, then, if desired, marshmallow paste or cream cheese may be used. If this is done the fruit juices will not soak into the sandwiches; they should be served as soon as made.

(d) **Confection Sandwiches:** These are usually made of crackers and are put together with uncooked or cooked icings into which chopped dried fruit—such as figs, dates, or raisins—has been stirred. If desired, plain chocolate or orange frosting may be used.

(e) **Sandwiches with a Cake Base:** These are used for afternoon refreshments, or for dessert at dinner, luncheon, or supper. The best examples are sponge cake put together with jam or jelly and cut thin; sponge cake put together with sliced brick ice cream, served with or without a sauce.

Using Left-over Sandwiches

Savoury sandwiches that do not contain lettuce or other salad green may be toasted or fried.

Sweet sandwiches with a jam, jelly, or marmalade filling may be toasted, or may be crumbled up and used as a foundation for a baked or steamed bread pudding.

Preparing Sandwich Fillings

Sliced Meat

The meat should be sliced very thin and the fat should be largely removed; only very tender meat should be used.

Minced Meat

Sandwiches of this type are preferable to sliced meat, for they are easy to eat and do not dry out so quickly. Meat which is in small pieces may be utilized in this way, also meat that is not tender enough for slicing. The best way to mince the meat is to put it through the food chopper. It must always be mixed with a moistening agent, the choice depending upon the type of meat.

Fish

Sliced fish may be used if it is of the right type, such as wafer slices of smoked salmon or sturgeon. Sliced salmon

or tuna-fish loaf is also suitable if the slices fit the slices of bread.

Generally speaking, the fish should be minced. The best way to do this is to place the fish on a plate and shred it with a silver fork. Minced fish must always be mixed with proper seasonings.

Meat or Fish Paste

The meat or fish should always be put through the food chopper, then rubbed through a purée sieve, or put through a potato ricer.

Salad Paste

Prepare as for meat or fish paste, adding mayonnaise to moisten.

Salad Sandwich Fillings

As most salad sandwiches are eaten with a fork the filling ingredients may be minced or chopped fine by means of a chopping bowl and knife.

Nut Fillings

The nut meats should be ground fine by means of the food chopper.

Suggestive Sandwich Seasonings

Meat Sandwiches

Meats of strong flavour, such as beef or lamb, may be combined with a pronounced seasoning, as horseradish, chili sauce, catchup, Worcestershire sauce, onion or onion juice, chives or parsley, celery, pickles, or mustard.

Meats of daintier flavour, as chicken, turkey, and very well-cooked ham, may be combined with a hint of parsley, celery, tart jellies, or a very little pimiento.

Lettuce harmonizes with all types of meats, so does salad dressing, or a rich cream sauce.

Fish

Fish cries out for a tart seasoning, such as lemon or lime juice, celery or celery salt, a salad dressing, or chili sauce.

Cheese

Unless cheese is of very strong flavour it may be combined with made mustard, chili sauce, chives, and Worcestershire sauce.

Fruit

These sandwiches should be slightly sweetened and seasoned only with a little lemon, lime, or orange juice.

Sandwich Making

Any food that harmonizes with the sandwich covering may be used as the filling of the sandwich. It is always rather a difficult matter to give a great many sandwich recipes, and the charm of sandwich making largely depends upon the wings of one's imagination. George Ade once said that he had a home combination sandwich—"everything in the ice-box that wanted to travel."

The sandwich is one of the best ways to use up left-overs; oftentimes these may be controlled if their use is deliberately planned for the sandwich. The bread should be twenty-four hours old, at least, unless rolled sandwiches are to be made, when a softer loaf is desirable. The bread should be cut a fourth-inch thick and the crusts should be left on unless very dainty fancy sandwiches are being made. In this case, the sandwiches should be shaped before being buttered and filled. The crusts should be used in a bread pudding, a savoury cheese pudding, or should be dried and ground for use as bread crumbs.

The butter may be introduced into the sandwich in any one of three ways, according to the type of sandwich that is being made. First, if plain butter is to be used, it should be creamed—that is, stirred until smooth and creamy as in cake-making. Second, if a very simple, plain filling is to be used, such as minced chicken, ham, peanut butter, grated moist dairy cheese, or even very finely ground nut meats, these may be mixed directly with the butter, usually a third butter to two thirds of the filling being the right proportion. The whole mixture may then be spread at one time on just one slice of the bread, the other slice being pressed down firmly upon it; this will save considerable time. Third, if a savoury

meat or fish sandwich is being made, the butter may be very economically introduced by mixing the filling with a very thick well-cooked white sauce (see recipe for White Sauce, the amount of butter in it being trebled). Such sandwiches keep moist for a long time, the filling does not soak into the bread, and a small amount of butter is made to do triple duty. This method is used by the best caterers; it has the added advantage of being very rapid.

FLAVOURED BUTTERS

Frequently the plain bread-and-butter sandwich is varied by the introduction of a flavoured butter. It is particularly good when an afternoon tea or reception sandwich is desired, or when the sandwich is to act as an accompaniment to a salad. In using these flavoured butters, remember that as the salad accompaniment only the sweet butters or really a salad butter, such as watercress butter, should be used with fruit salads, but that any of the savoury butters may be used with vegetable salads. Lemon butter is excellent with a fish salad, and a fish butter, such as sardine, anchovy, or salmon, may be used with a vegetable salad.

If many sandwiches of different kinds are being made at frequent intervals, the best thing to do is to make up a group of the flavoured butters, putting them in jelly glasses with tightly fitting covers and placing them in the icebox. Most of them can be kept as long as two weeks, or even more.

Lemon Butter

Beat until creamy a half pound of butter, then gradually beat in one and three-fourths tablespoonfuls of lemon juice and the grated rind of one fourth of a lemon.

Onion or Chives Butter

Substitute a half tablespoonful of onion juice or one tablespoonful of minced chives and one tablespoonful of water for the lemon.

Watercress Butter

Add to the half pound of butter a half cupful of very finely minced watercress, a half tablespoonful of lemon juice, a

few drops of Worcestershire sauce, and a tablespoonful of water.

Anchovy, Sardine, Lobster, or Salmon Butter

To the half pound of butter add a third cupful of sardines, lobster meat, anchovies, or smoked salmon pounded to a paste, with two teaspoonfuls of lemon juice, a tablespoonful of water, and a little paprika.

Pimiento, or Green or Ripe Olive Butter

To the half pound of butter add a fourth cupful of pimientos, macerated to a paste, or the olives, stoned, minced, and pounded to a paste, together with a teaspoonful of lemon juice or Italian vinegar.

Chow-Chow Butter

To the half pound of butter add a fourth cupful of chow-chow which has been put through the food chopper.

Sandwich Garnishing and Serving

Like everything else, the sandwich can be almost made or marred by the way in which it is garnished and served. Assuming that the bread is cut even and the sandwich filling is put in in a neat way, how can the appearance be improved? If, for instance, a club sandwich is made, the lettuce can be inserted in such a way that the sandwich will be outlined by a little ruffle of green. If a plain meat, fish, or other savoury sandwich is made, a bit of parsley or a stuffed olive cut in halves may act as the garnish. If the sandwich is substantial a spoonful of coleslaw is often placed at one end, a bit of parsley or sliced tomato at the other. Such sandwiches are, of course, always accompanied with knives and forks for the service.

If thin, dainty sandwiches are made, such as flavoured butter or chicken paste, they are piled neatly upon a paper plate or silver service plate, the garnish being watercress, or radish roses, or lettuce hearts, or celery tips. If, on the contrary, sweet sandwiches are made, the garnish frequently consists of a flower or two, or a few sprigs of mint. Toasted sandwiches, unless they are club style—which are always served individually—should be either wrapped in a napkin or

muffin cloth, or served in a covered toast or hot-cake dish, unless they are different in character and the filling is not very moist, when they are often toasted at the table on an electric grill or in an electric toaster.

When sandwiches are made to eat with the fingers, as at afternoon tea or receptions, care should be taken not to have the filling too moist so that it will run out and soil the fingers.

Keeping Sandwiches Moist

When sandwiches are to be kept for any length of time, lettuce or other salad greens should not be used in them. If a salad dressing or moistener is used it should be mayonnaise, which is oily in character and will not soak into the bread.

After making, the sandwiches should be piled together and either wrapped in a napkin which has been dipped in hot water, then wrung until practically dry, or, better still, they may be wrapped in paraffine paper, then tied or held together by rubber bands.

SUBSTANTIAL SAVOURY SANDWICHES

The bread for these sandwiches should be cut fairly thick, the crusts being left on; the full slice of bread should be cut only in halves for serving.

These sandwiches are really the entire main part of the meal. It is much easier to use this type at picnics or on hikes than to carry small sandwiches and various other foods.

Chicken Liver and Mushroom Sandwiches

Fry two chicken livers in butter, together with two or three good-sized mushrooms. Chop very fine and use as a filling for white and entire-wheat bread sandwiches; these may be toasted, if desired.

Pressed Spiced Beef Sandwiches

Prepare spiced beef according to the recipe in this book, pressing it in a bread pan. Chill and cut in very thin slices, using it as a filling for sandwiches made of white bread. The bread should be cut the same size as the slices of beef.

Roast Pork Sandwiches

Slice roast pork very thin, cutting off the fat. Put between slices of buttered white or rye bread, with a leaf of lettuce; spread lightly with chili sauce, apple butter, or mayonnaise.

Prune and Cream Cheese Sandwiches

To a half cupful of cream or cottage cheese add a third cupful of shredded cooked prunes, well drained. Put between slices of buttered bread together with crisp lettuce leaves.

Chauve Souris Sandwiches

Spread slices of white or rye bread—half with cream cheese and half with Bar-le-Duc or tart currant jelly. On these lay thinly sliced tongue and thinly sliced sweet pickles, then press together in pairs.

Special Combination Sandwiches

Spread entire-wheat, white, or rye bread (any kind) with butter. On half the slices lay thinly sliced chicken, over this put a little lettuce and mayonnaise or Russian dressing, over this put thin slices of ham, more lettuce and dressing, and then thinly sliced Swiss cheese with lettuce and dressing. Top with the remaining slices of bread.

Ham and Swiss Cheese Sandwiches

Spread slices of entire-wheat, white, or rye bread with butter. On half of them lay thinly sliced ham, over this spread chopped chutney, chow-chow, or piccalilli, then thinly sliced Swiss cheese. Top with the remaining slices of bread.

Devil's Dream Sandwiches

Spread white or entire-wheat bread with butter. On half of the slices lay thinly sliced tongue, then lettuce with mayonnaise or Russian dressing, then chicken together with a thin layer of coleslaw. Top with the remaining slices of bread.

These sandwiches are often flanked with a half of a stuffed egg at each end.

Boston Sandwiches

Spread white bread with butter and use as a sandwich filling slices of crushed Boston baked beans—not too sweet—mixed with sufficient mayonnaise or Russian dressing to blend.

York State Sandwiches

Coarsely chop cooked sausages, add boiled salad dressing to blend, and use as a filling with lettuce leaves.

Bacon and Lettuce Sandwiches

Broil or bake bacon until crisp; use as a filling with lettuce leaves spread with a bit of mayonnaise, chili sauce, or catchup.

Bermuda Onion and Cucumber Sandwiches

Lightly spread bread with butter and lay on half the slices very thin slices of Bermuda onion and sliced cucumber, crisped, with or without a little mayonnaise, chow-chow, anchovy, or sardine paste.

HOT SANDWICHES

Again, these are whole-meal sandwiches, but because they are to be served hot it will not be found convenient to take most of them on picnics or hikes unless they are of a variety that may be either toasted or fried. In this case, a bit of cooking over a campfire is usually acceptable.

Most of these hot sandwiches can have their final preparation at the table, if desired. This adds an attractive note to the late evening or Sunday-night supper.

Western Sandwiches

For these the bread should be either cut in large rounds or cut from a round loaf and lightly buttered. For each sandwich allow a beaten egg, a tablespoonful of scraped or minced onion, and three tablespoonfuls of minced ham, cooked in butter in a small frying pan until firm like a pancake.

Eastern Sandwiches

Make as western sandwiches, omitting the onion.

Cheese and Bacon Sandwiches

Toast squares of white bread on one side, butter the untoasted side, lay on thinly sliced Swiss cheese and two strips of bacon, cut to fit the bread. Then place in the oven or under the gas broiler until the bacon is crisp and the cheese melted. Serve as an open sandwich.

Cheese and Ham Sandwiches

Prepare the bread as described in the preceding recipe, laying upon it thin slices of boiled or broiled ham, or spreading it with minced ham. Place slices of Swiss or American cheese above this and bake or place under the gas broiler until the cheese melts.

Brigand Sandwiches

For each sandwich allow a thin slice of raw beefsteak, cut to fit the bread that is to be used, two slices of raw bacon, and a slice of raw onion. Place these on a forked stick and toast over the coals until the steak is done, the length of time depending upon the way the wind blows. Dust with salt and pepper and place between slices of buttered bread.

Beefsteak Sandwiches

Cook a thick porterhouse steak according to the recipe given in this book. Cut it in thin strips, place between slices of buttered bread cut to fit, and serve hot.

Bologna and Egg Sandwiches

For each sandwich allow a beaten egg, two tablespoonfuls of bologna sausage cut small, and a tablespoonful of minced sweet pickle. Scramble the mixture together, adding a little salt if necessary, and place between slices of buttered bread.

Scrambled Egg and Bacon Sandwiches

For each sandwich allow a beaten egg, a little salt and pepper, and two tablespoonfuls of cooked bacon. Scramble together in a little bacon fat and use with slices of buttered bread.

Fisherman's Luck Sandwiches

For these use pieces of broiled mackerel, thinly sliced broiled halibut or whitefish, spreading the bread lightly with lemon butter or with butter, and then with horseradish, or sprinkling the fish with a little lemon juice.

Louisiana Sandwiches

Between slices of buttered bread place small whole fried fish.

Ennes Sandwiches

On slices of buttered bread or toast lay tiny mushrooms, cut into bits and sautéd in butter, then seasoned lightly with nutmeg.

Oyster Sandwiches

Prepare full-sized slices of toast and on them lay small panned oysters. Dust lightly with celery salt, top with slices of buttered toast, and serve.

Creamed Chicken or Ham Sandwiches

Prepare creamed chicken or ham, taking care that the mixture is not over moist, and serve between slices of buttered bread or toast.

Creamed Lobster, Shrimp, or Crabmeat Sandwiches

Prepare creamed lobster, shrimp, or crabmeat, taking care that the mixture is not too moist, and finish as directed in the preceding recipe.

Roast Beef or Lamb Sandwiches

Between slices of buttered bread lay thin slices of roast beef or lamb and add a generous amount of thickened gravy.

Roast Chicken or Turkey Sandwiches

Follow the directions given in the preceding recipe, substituting roast chicken or turkey.

Chicken Club Sandwiches

Toast twelve slices of bread, then butter them. On half lay thin slices of cooked chicken, sprinkle lightly with salt

and pepper, then over this lay two slices of broiled or baked bacon. Lightly spread six thoroughly drained lettuce leaves with mayonnaise, place over the bacon, cover with the remaining slices of toast, and press the whole together. Cut in triangular shapes and serve.

Philadelphia Club Sandwiches

Follow the preceding recipe, substituting cooked tongue for the chicken.

Lobster Club Sandwiches

Follow the recipe for chicken club sandwiches, substituting thinly sliced lobster meat for the chicken.

Ham Club Sandwiches

Prepare as chicken club sandwiches, substituting ham for the chicken, omitting the bacon and putting in its place some thinly sliced tomato lightly dusted with salt and pepper.

Savoury Fish Sandwiches

1½ cupfuls left-over cooked fish
½ teaspoonful minced parsley
2 tablespoonfuls chopped mustard pickles
Triangular slices of buttered toast
Slices of cut lemon, stuffed olives, and celery tips or parsley for garnishing

If the fish used is left over it will probably have enough sauce with it to moisten; otherwise add sufficient canned tomato, chili sauce, or white sauce. Flake the fish, heat it in the sauce, add the pickles and chopped parsley, with salt and pepper if needed. Pile on slices of toast, cover with more toast, and garnish with stuffed olives, slices of lemon, and celery tips or parsley.

Toasted Cheese Sandwiches

12 slices bread, white or entire wheat
6 slices American cheese (thin)
1 teaspoonful mixed mustard
1 minced green or red pepper (optional)

Cut the slices of bread rather thick, spread half with butter, and on the other slices lay the cheese, which should be cut to fit; season the cheese with the mustard and pepper if used. Press a buttered slice of bread firmly over the cheese, trim off the crusts, and toast slowly on both sides so as to give the cheese time to melt. Cut into triangular sandwiches, tuck

into a napkin, and serve as a luncheon or supper dish, or for evening refreshments with coffee.

Welsh Rarebit Sandwiches

2 cupfuls left-over Welsh rarebit
Rather thick slices of bread, white or entire wheat

Spread the Welsh rarebit mixture generously on the bread, adding a little extra seasoning if desired. Press the sandwiches firmly together and toast slowly to allow time for the rarebit to heat through and slightly melt. Garnish with sweet or sour pickles.

SALAD SANDWICHES

Sandwiches of this type are usually made with white bread. They are served as the main course at luncheon or supper because they combine all of the main elements of the meal. If served at a reception or afternoon tea, the sandwiches are usually made of small buttered rolls, rather soft in texture, and are served individually, forks being used for the service.

As with the more ordinary salads, salad sandwiches should be served very cold. Care should be taken not to make them with a watery salad dressing, as the bread will then be soggy. It is usually customary to place the lettuce leaves inside the sandwich, but in instances when it is advisable to make up the sandwiches an hour or two ahead of time, they may be made without the lettuce, the salad dressing being mixed with the filling, the lettuce—at the last moment—being shredded and placed in a fluffy green mound on the top of each sandwich, a little mayonnaise being poured over it. Radish roses or stuffed olives make a particularly attractive garnish.

A salad sandwich with a protein filling, a little fruit, and a cup of tea or cocoa or a glass of milk, form a perfectly balanced meal.

Lettuce Salad Sandwiches

Lightly butter bread and put the slices together with lettuce leaves which have been spread with mayonnaise.

Chicken Salad Sandwiches

Lightly butter white or entire-wheat bread and put the slices together with a chicken salad mixture made of three

parts of finely diced chicken to one part of minced celery, the whole being moistened with mayonnaise to bind. Lay a lettuce leaf on the top before pressing the slices together.

Ham, Tongue, or Veal Salad Sandwiches

Follow the recipe for chicken salad sandwiches, substituting tongue, ham, or veal for the chicken.

Chicken and Tomato Salad Sandwiches

Follow the recipe for chicken salad sandwiches, omitting the lettuce, if desired, and substituting thinly sliced tomato.

Crabmeat, Lobster, or Shrimp Salad Sandwiches

Lightly butter the bread and as a filling use flaked crabmeat or finely diced lobster or shrimps, to which have been added—to a cupful of the fish—a tablespoonful of minced pimientos, a fourth cupful of minced celery or the firm part of cucumbers, and mayonnaise to blend. Before pressing on the top slices lay on a crisp lettuce leaf or a few sprigs of watercress.

Tuna Fish or Salmon Salad Sandwiches

Lightly butter the bread and as a filling use salmon or tuna fish, flaked. To a cupful of the fish add a teaspoonful of minced parsley, a half tablespoonful of lemon juice, two tablespoonfuls of chow-chow, and mayonnaise to blend. Lettuce leaves or very tender tips of celery or celery leaves should be placed in each sandwich.

Manhattan Salad Sandwiches

Lightly butter the bread, spread half the slices with the mixture used for chicken salad sandwiches, on this lay some very thinly sliced fresh pineapple, then a lettuce leaf spread lightly with mayonnaise, and finish as usual.

Feanut Butter Salad Sandwiches

Slices of entire-wheat bread
Butter
Peanut butter
Crisp lettuce leaves
French dressing

Cream the butter and peanut butter together and spread generously on the slices of bread. Dip the lettuce into the

French dressing, place between two slices of bread, and serve at once, as the lettuce wilts quickly after being dipped in dressing.

Peanut Butter and Cream Cheese Salad Sandwiches

Slices of entire-wheat bread
1 cream cheese
Crisp lettuce
½ cupful peanut butter
Mayonnaise dressing
Chopped stuffed olives

Cream the cheese and peanut butter together and spread on the slices of bread. Sprinkle the chopped stuffed olives over half of the slices, lay lettuce leaves over these, spread lightly with mayonnaise, and top with further slices of the bread which have been spread with the cream cheese and peanut butter.

DAINTY COLD SANDWICHES

When the sandwich fillings are rather marked in character, such as meat, fish, cheese, and so on, the sandwich breads may be rather marked in flavour. In fact, the more kinds of breads we use the more varied and therefore the more delightful our sandwiches will be. Entire-wheat bread, rye bread, either plain or with caraway seeds, corn bread that is not too sweet, bran bread, or rolls that are not too crusty and that are pointed may be used for this type of sandwich. White bread is always acceptable.

The bread should be cut very thin, and as the sandwich will be used largely for formal service, the crusts should be cut off.

In each case, unless otherwise specified, the bread should be covered with creamed butter, the filling should be spread on half the slices, the remaining slices being pressed over these to form the sandwiches.

Any of the sandwiches in this section are suitable for use at teas, receptions, porch parties, or rather formal late evening parties.

Chicken, Veal, or Lamb Sandwiches

Put the meat through the food chopper. To each cupful of the minced meat add a fourth cupful of celery or stuffed olives put through the food chopper and bind together with a

little rich cream sauce or, if desired, with mayonnaise or boiled cream salad dressing. Put between slices of bread spread with creamed butter as directed. Cut in small triangles or finger lengths.

Thin Bread and Butter

Bread-and-butter sandwiches are called in England by this name. They consist merely of bread sliced very thin, spread with creamed butter and pressed together in pairs.

Tongue and Roquefort Cheese Sandwiches

Combine equal parts of Roquefort cheese and tongue, which has been put through the food chopper, with sufficient French dressing to make a paste. Use as directed with rye bread, plain or containing caraway seeds.

Snappy Pecan Sandwiches

Crush a snappy cheese with a fork, add two tablespoonfuls of creamed butter and a half cupful of finely ground pecan nut meats. Use with white or entire-wheat bread.

Cream Cheese and Bar-le-Duc Sandwiches

Spread white bread lightly with one part butter and two thirds part cream cheese creamed together, then with Bar-le-Duc jelly; press together in pairs.

Ham Sandwiches

Combine a cupful of minced ham, prepared by putting it through the food chopper, with sufficient mayonnaise or tomato catchup to moisten.

Peanut Butter Sandwiches

Combine two parts peanut butter with one part plain butter, cream together, and use with or without the addition of a tablespoonful of minced stuffed olives, chopped chutney, raisins, or celery.

Egg and Pepper Sandwiches

Chop hard-cooked eggs fine. To three eggs add a tablespoonful of green pepper put through the food chopper and moisten with mayonnaise.

Shrimp, Lobster, or Crabmeat Sandwiches

To one cupful of the fish minced very fine add a tablespoonful of lemon juice and mayonnaise to make a paste. Use with white bread.

Sardine or Anchovy Sandwiches

Drain the fish from the oil, remove the bones, and shred the fish to bits. Combine with a third of its bulk of very finely minced stuffed olives and a few drops of lemon juice. Use with white, entire-wheat, or rye bread.

Cheese and Green Pepper Sandwiches

To one cupful of finely grated moist American cheese add a fourth cupful of butter and two tablespoonfuls of very finely minced green pepper. Cream together and use with any kind of bread.

Caviar Sandwiches

Lightly spread the bread with creamed butter, put on a thin layer of the caviar mixed with a little lemon juice, putting it not too near the edge, so that when the slices are pressed together the filling will not ooze out.

Apple and Roquefort Sandwiches

To one-half cupful of Roquefort cheese and two tablespoonfuls of butter creamed together add a grated tart apple. Use with entire-wheat or rye bread.

Candied Violet or Rose-Leaf Sandwiches

Spread white bread lightly with creamed butter, sprinkle with the candied violets or rose leaves crumbled fine, and put together.

Radish or Cress Sandwiches

Spread entire-wheat or white bread lightly with creamed butter, and use as a filling thinly sliced red radishes or leaves of watercress picked from the sprigs and cut off, not chopped.

Celery Sandwiches

Spread white or entire-wheat bread with creamed butter and use as the filling finely minced celery mixed with enough mayonnaise to hold it together.

Cucumber Sandwiches

Slice the cucumbers paper thin, crisp in iced water, then wring them until dry in a cloth. Use as a filling with buttered entire-wheat or white bread, which may or may not be spread with cream cheese.

Cottage Cheese and Chutney Sandwiches

To a cupful of cottage cheese add a third cupful of chutney put through the food chopper. Use with white, entire-wheat, rye, or nut bread.

Apple, Nut, and Mayonnaise Sandwiches

Chop raw tart apple very fine, add half its bulk of finely minced nut meats—any kind—together with mayonnaise to make a paste.

Almond, Filbert, or Brazil Nut Sandwiches

To three-fourths cupful of finely chopped toasted nut meats, which have been blanched, add a half cupful of butter. Cream together and use with white, entire-wheat, fig, or date bread.

Tongue and Green Pepper or Horseradish Sandwiches

To one cupful of minced tongue add a fourth cupful of horseradish or finely ground green pepper, with mayonnaise to blend.

Lamb and Mint Sandwiches

To one cupful of minced lamb add two tablespoonfuls of very finely chopped mint leaves, together with mayonnaise and a little spiced pickle vinegar to moisten.

Pimiento Sandwiches

These may be varied according to individual taste—for instance—either rye bread, white bread, whole-wheat nut bread, or Boston brown bread may be used. The pimientos

(trimmings left from garnishing may be used) are to be finely chopped, seasoned with a little salt and used plain as a filling; or they may be minced and flavoured with two tablespoonfuls of mayonnaise to a half cupful of pimientos, or worked into an equal quantity of cream cheese if a more substantial sandwich is desired. The cream cheese and pimiento filling is particularly good for service with buttered Boston brown bread.

Monaco Sandwiches

Yolks of 2 hard-cooked eggs
3 tablespoonfuls butter
Dash of paprika
2 tablespoonfuls anchovy or sardellen paste
1 tablespoonful lemon juice
Slices of buttered graham or brown bread

Blend the yolks of the eggs in a bowl with the butter until smooth. Add the paprika, fish paste, and lemon juice and spread thickly between the slices of buttered bread, then cut into rather small sandwiches.

SWEET SANDWICHES

Fudge Sandwiches

Make up half the recipe for fudge given in this book, beat until creamy, and then instead of pouring it into a pan, pour small portions of it on to crisped saltine crackers. Press on a second cracker, cool, and serve.

Penuche Sandwiches

Follow the directions given in the preceding recipe, substituting for the fudge penuche made according to the recipe in this book.

Maple Cream Sandwiches

Lightly butter entire-wheat bread, entire-wheat nut bread, or saltine crackers and put together with maple cream.

Chocolate Nut Sandwiches

Make up the recipe for chocolate icing given in this book, add to it a half cupful of very finely chopped walnut meats (any kind), filberts, or pecans. Put between butter-thin or saltine crackers.

Marmalade Sandwiches

Lightly butter white, entire-wheat, or nut bread and put together with any kind of marmalade.

Toasted Marmalade Sandwiches

Make the marmalade sandwiches described in the preceding recipe, toasting them just before serving.

Fruit Paste and Nut Sandwiches

Cook dried figs, prunes, or apricots until most of the water has evaporated. Add the sweetening and coarsely chop the fruit. Add a little lemon juice and to each cupful of fruit paste a fourth cupful of finely chopped nut meats. Chill and use as a filling for white, entire-wheat, or graham bread sandwiches.

Pineapple Wheel Sandwiches

Cut nut, fig, raisin, entire-wheat, or white bread into rounds. Spread lightly with butter and put together with very thinly cut rounds of fresh pineapple which have been sprinkled lightly with powdered sugar.

Cream Cheese and Date Open Sandwiches

½ cream cheese
1 tablespoonful butter
Graham crackers
Stoned dates

Work the cheese and butter together with the back of a spoon until soft and creamy. Spread on crisp graham crackers and decorate each "sandwich" with a stoned date cut lengthwise into quarters. Serve as a salad accompaniment.

Open Date and Ginger Sandwiches

½ cupful chopped stoned dates
½ cupful chopped English walnut meats
¼ cupful minced preserved ginger
Ginger syrup and lemon juice to moisten
Entire-wheat bread and creamed butter or slices of sponge cake

Combine the dates, walnut meats, ginger, ginger syrup, and lemon juice, adding enough of the two last-named ingredients to moisten but not make the mixture really soft. Butter the bread, remove the crusts, and spread with the fruit mixture, cutting the sandwiches into finger lengths. If sponge cake is used, it is not necessary to butter it.

Mary and Martha

Much loved
He
Sat within
At even.

He told
The happenings of the day
While Mary, listening,
Rested Him
In silence.

Hard the day.
Now understanding peace and comprehension.

And then

He

Ate.

Long the day——
No food—for there was much to do.

Martha's cheerful talk—
The meal
Loved into perfect cakes

The fish——
The homely things of living
Rested Him.

Mary—Martha
Woman composite.
Comfort—rest
Wherever you appear.
Neither complete without the other
Perfect solace
For mind—body—soul.

CHAPTER XV

EGGS AND EGG DISHES

(All measurements are level)

AN EGG is more than simply an egg. In the first place, it contains all the elements necessary for the formation of the little chick, and therefore is practically a complete food, as the requirements of one animal are very similar to those of another. It has often been likened to milk in food value, and aside from the facts that it does not contain as much mineral as the milk, and that the latter contains milk sugar, while the egg is almost devoid of all carbohydrate, they may be compared in a general way.

There is, however, one point which is most significant, in which the two foods are identical—they both contain those peculiar growth-producing elements which are known as protectives or vitamines and which are absolutely essential to child growth. It is a pertinent fact that Nature, in supplying food in the form of milk and eggs for young animals, has included these necessary elements. It is a most deplorable fact that many mothers, in working up the menus for their children, absolutely overstep Nature's guide post, and omit practically both milk and eggs from the children's diet. There is only one excuse for this condition—lack of knowledge of the true value of foods.

"Putting Eggs Down"

In order to insure eggs at a reasonable price the season through it is advisable to "put them down" while they are plentiful. "Grandmother" used to bury the eggs in salt or sand, but this is a bulky and unsatisfactory method. The modern way, heartily endorsed by the government and all food experts, is to put them down in water glass—a method which is simple, absolutely harmless, inexpensive, and emi-

nently satisfactory. It may be argued that the saving in price is not worth while, but if it means only twenty cents a dozen, it will soon amount to dollars.

Water glass may be purchased at any drugstore at a very reasonable cost. But do not allow its chemical name to be disturbing—it is merely potassium and sodium silicate. It should be bought commercially, not in the form of the chemically pure article, as the latter is expensive, and the commercial variety is just as effective.

The equipment for putting down the eggs is very simple, all that is necessary being good-sized, well-washed utensils of earthenware, glass, or enamelware, a utensil for measuring, water, water glass, and eggs.

The eggs must be clean but should not be washed as this removes some of the natural coating. Pour one measure of water glass into the utensil, add ten times as much water, mix well, and then put in the eggs, two or three at a time, taking care not to break them. More may be added to the solution from day to day as they accumulate. If possible, the eggs should be fresh laid. To prevent evaporation and chemical action because of the air, the utensil should be kept covered. In the case of glass jars, the tops are adequate, without any special sealing with paraffine or other substances. In case of stone crocks, a piece of cheesecloth, folded two or three times and put over the top of the jar, extending out under the lid, will be sufficient. The eggs should be kept in a cool place but should not be allowed to freeze.

Eggs put up in this manner may be used in all the familiar ways. If to be boiled, however, the ends should be pricked with a needle or pin; otherwise the egg is liable to burst, as the pores of the shell have been so well sealed by the water glass.

Temperatures for Egg Cookery

In Bible days eggs used to be plain cooked by placing them in a sling, then whirling them rapidly in the air for a given length of time. The heat thus generated was sufficient to cook them through or coagulate them. There are few foods as digestible as an egg. The raw egg beaten becomes really partly cooked by the motion of the beating, that is why it slightly thickens. The next step is the soft cooked, or the

coddled egg, then the poached egg, then the egg scrambled over hot water, then the shirred egg, barely firmed, and finally the egg scrambled over slow, direct heat, the fried egg and the omelet a close second. The degree of digestibility depends upon the temperature at which the egg is cooked and the ingredients which are combined with it; for instance, a fried egg, cooked at a high temperature, becomes as indigestible, or, to be more exact, takes just as long a time to digest, as almost any fried food.

The principle, then, to be observed in egg cookery is that of the lowest possible temperature to achieve coagulation. This temperature is 186 degrees F., or the simmering point of water. It is a mistake to try to cook an omelet quickly, or to attempt to fry eggs quickly. When this is done the food value itself is often impaired, because the high temperature kills part of the vitamines or protectives in which the egg is so rich, as well as making indigestible the proteins.

In all of the recipes given in this section great care has been taken to emphasize the right temperatures at which eggs should be cooked. There is only one exception to the slow heat, and that is in hard-cooking eggs, when we find the eggs are more digestible, more palatable, and more attractive when they are boiled very rapidly for ten minutes than when they are cooked for a long period at a lower temperature, which is liable to cause a change in their chemical composition.

Combining Other Foods with Eggs

As the egg is a nearly perfect food, it stands to reason that the substances it lacks should be combined with it, either in a made dish or in the meal in which the egg is to act as the centre, in order to maintain a balance of the elements needed by the body. We have, from time immemorial, served poached eggs on toast. They taste good, but at the same time, they satisfy Nature's craving for balance. The egg is concentrated, that is to say, it is not bulky and furnishes no roughage to fill the stomach; therefore ballast food must be supplied with it. To this end, we have the familiar egg salad with its bulk of lettuce. To make a satisfying egg meal, both starches and bulk must be included; both of these may be obtained in fairly inexpensive form in the shape of cereals and vegetables. Eggs, then, if put down in water glass, when

they may be bought inexpensively, or if extended by other foods, may be used as the main part of the meal, and the whole will be less expensive than when meat and its usual accompaniments are served. In France it is said that only rich Americans can afford to eat their eggs plain!

Keeping in mind these facts, eggs may be satisfactorily used not only for breakfast, but for luncheon or supper, and even occasionally for dinner. The simpler forms belong to breakfast, as plain boiled, plain poached, plain shirred, or plain scrambled eggs, or even a simple omelet or occasional fried egg. But variations of most of these fit especially well into the remaining meals. To illustrate:

Luncheon or Supper

Shirred Eggs on Creamed Potatoes
Baking Powder Biscuit Butter
Tomato Salad
Berries Ginger Cookies
Tea

Luncheon or Supper

Cheese Soufflé Entire-wheat Bread and Butter
Cucumber Salad or Coleslaw
Jellied Fruit Chocolate Cake
Coffee

Coddled Eggs

For six eggs bring at least a quart of water to the boiling point; when bubbling rapidly gently put in the eggs, cover the utensil, and set it aside where the water will keep warm but not bubble at all; let the eggs stay in this water for seven minutes, at the end of which time they will be gelatinized or barely coagulated throughout. The temperature of the water will be in the vicinity of 186 degrees F.

Boiled Eggs

If eggs must be boiled, that is, cooked more rapidly than by the coddling method, they should be placed in rapidly boiling water, two minutes being allowed for an egg which is to have the white alone merely coagulated; four minutes for an egg which is barely cooked throughout, and six minutes for an egg which is barely gelatinized.

POACHED EGGS

The only way to poach eggs so that they are shapely and none of the egg substance is wasted is by the use of rings, or the rounded containers, that may be bought for the purpose. In case neither one of these is at hand, the round tops from pound baking-powder cans may be requisitioned.

Fill a rather deep frying pan three quarters full of water. To a quart of water add a teaspoonful of salt; slightly butter the rings, if they are used, place them in the water; break the eggs, one by one, into a saucer and slide them into the rings. If the poached egg utensils are used, or the baking-powder can covers, they should be lightly buttered, the eggs should be broken into them and they should be set into the water. In any case, as soon as the eggs are placed in the water the heat should be reduced so that the water barely bubbles about the eggs—186 degrees F. They should be allowed to stay in the water until they are jellied throughout. The water should cover the eggs; if they are not covered, a little should be gently poured with a spoon, from time to time, over the egg yolks. The eggs should then be removed from the water to buttered toast, if plain poached eggs are to be served, dusted with a little salt and pepper, and a little melted butter should be poured over the tops. Plain poached eggs sliding around on a plate, without any accompaniment, should never be served.

If there are no rings and no containers at hand, it is possible to poach eggs by breaking them into a saucer and then sliding them into the boiling water, but this is a difficult process. When removing such eggs, use a perforated spoon.

Poached Eggs in Milk

Substitute milk for water in the preceding recipe, sliding in the poached eggs without the use of the containers; in other words, it is permissible to allow some of the egg to cook into the milk, as the milk is served with it. When the egg is poached, transfer it to two slices of buttered entire-wheat bread or white bread toasted; pour over it the milk in which the eggs were poached, add a teaspoonful of butter, and serve very hot.

Poached Eggs with Creamed Celery and Bacon

Prepare half the recipe for creamed celery (see Vegetable section) and when it is almost done bake or broil six strips of bacon and poach six eggs; put the celery on six squares or rounds of buttered toast; place a poached egg on each and garnish with the bacon.

Poached Eggs Mexican

Prepare once the recipe for tomato sauce (see section on Savoury Sauces), adding to it one and a half tablespoonfuls of sliced stuffed olives, a shredded pimiento, and two tablespoonfuls of minced green pepper; make six slices of buttered toast and poach six eggs. Pour the sauce over the toast and top each slice with a poached egg surmounted with a bit of parsley.

Poached Eggs on Anchovy or Devilled Ham Toast

Prepare six slices or rounds of buttered toast, spreading each with anchovy paste or devilled ham. In the meantime poach six eggs, place them upon the toast, and pour over a sauce made as follows:

Melt two tablespoonfuls of butter; then stir in one teaspoonful dry mustard, two tablespoonfuls of tomato catsup, a tablespoonful of Worcestershire sauce, and one-eighth teaspoonful each of paprika and salt.

Eggs Soubise

2 medium-sized Spanish onions
½ teaspoonful salt
¼ teaspoonful paprika
3 tablespoonfuls melted butter or a substitute
3 tablespoonfuls lemon juice
6 poached eggs
3 tablespoonfuls grated cheese

Peel the onions, cut them into slices about one-fourth inch thick, sprinkle with the salt and paprika and cook very gently in the butter until tender but not browned. Lay the slices of onion in a fireproof baking dish, pour the lemon juice over, and place the poached eggs on top, pouring over the eggs any remaining butter in which the onions were cooked. Sprinkle with the cheese and place in a hot oven—375–400 degrees F.—just until the cheese is melted.

California Poached Eggs

6 poached eggs
6 rounds buttered toast
6 slices tomato
3 tablespoonfuls butter or a substitute
2 teaspoonfuls minced onion
2 tablespoonfuls minced pimiento
½ teaspoonful salt
⅙ teaspoonful paprika

Melt the butter and cook the slices of tomato (unpeeled) in it until tender but not browned. Lay a slice of tomato on each portion of toast; add the minced onion and pimiento to the butter and cook for five minutes. Meanwhile, poach the eggs, lay one on each slice of tomato, sprinkle with salt and paprika and pour the cooked onion, pimiento, and butter mixture over all.

Poached Eggs with Asparagus Tips

6 poached eggs
1½ cupfuls Béchamel sauce
1 cupful asparagus tips or diced asparagus
6 rounds of buttered toast
A slight grating of nutmeg
2 tablespoonfuls Parmesan cheese
Parsley

Heat the asparagus tips or diced asparagus in the Béchamel sauce, add the nutmeg and cheese. Place one poached egg on each round of buttered toast, cover with the prepared sauce, and garnish with the parsley.

Eggs Benedictine

6 poached eggs
2 split toasted buttered muffins or 6 slices buttered toast
Parsley and lemon eighths
6 tablespoonfuls minced ham or tongue
1 cupful Hollandaise or mock Hollandaise sauce

Spread the toasted muffins or buttered toast with the ham or tongue, lay a poached egg on each portion, cover with the Hollandaise or mock Hollandaise sauce, and serve with a garnish of parsley and eighths of lemon.

SHIRRED EGGS

Shirred eggs are usually prepared individually, but they may be shirred in larger quantities. In this case they are more digestible, as the heat which reaches them in the centre is not so great as that which strikes them about the edges. Eggs may be shirred plain, in cream or milk, or in almost any savoury sauce, in giblet gravy, or any kind of creamed meat,

fish, or vegetable. In this way they are not only extended, but many odds and ends otherwise unavailable may be used up and made especially delicious.

In case eggs are being shirred for those of very weak digestion, the shirring dishes should be placed in a pan of hot water, then in the oven, as in making custards.

Plain Shirred Eggs

Rub shirring dishes, saucers that will stand heat, or rather flat ramekins, with butter; break one or two eggs into each, according to the appetites of those who are to be served; place $\frac{1}{3}$ teaspoonful of butter on each egg; dust very lightly with salt and pepper; set in a moderate oven—350 degrees F.—and bake until the eggs are firm or set—about ten minutes.

Shirred Eggs Buerre Noir

Prepare the eggs as described in the preceding recipe, pouring over each one after shirring a tablespoonful of buerre noir (see section on Savoury Sauces).

Shirred Eggs in Cream

To each egg to be shirred allow two tablespoonfuls of thick cream. Then proceed as directed in the recipe for shirred eggs.

Shirred Eggs Swiss Style

Allow two tablespoonfuls of cream or white sauce for each egg to be shirred; put the eggs in the shirring dishes as directed and strew them thickly with grated Swiss or American dairy cheese.

Shirred Eggs with Scallops

Scald one cupful of scallops, then cook them for ten minutes in $1\frac{1}{2}$ cupfuls of white sauce; transfer this mixture to six shirring dishes or ramekins; break an egg into each dish; dust with salt and pepper, add a bit of butter, and bake until the eggs are firm.

Shirred Eggs Cardinal

To one and one-half cupfuls of white sauce add a cupful of diced lobster meat and sherry flavouring to taste. Transfer

this to ramekins or shirring dishes, break an egg into each, and proceed as in plain shirred eggs.

Shirred Eggs and Fish Au Gratin

Prepare one and one-half cupfuls of creamed finnan haddie or creamed salt codfish (see section on Fish) and divide it among six ramekins or shirring dishes; break an egg into each; dust lightly with salt and pepper and strew with grated American cheese, then bake as for shirred eggs.

Shirred Eggs in Tomatoes or Peppers

Hollow out medium-sized tomatoes, or sweet green peppers, leaving the skin on the tomatoes if they are used and scalding the peppers for five minutes, if they are chosen. Dust them lightly with salt and pepper; break an egg into each; put a bit of butter on the top of each egg; transfer the tomatoes or the peppers to a baking pan or dish containing a little water or soup stock, and bake in a moderate oven—350 degrees F.—until the vegetable is done—about twenty-five minutes.

Shirred Eggs Perdu

Prepare six fairly good-sized baked potatoes; remove the pulp, beat it until light with a little cream, or undiluted evaporated milk, salt and pepper to taste, and a bit of butter. Replace in the shells, making a hollow in each potato but building up the pulp fluffily around it. Break an egg into each hollow; place a bit of butter and some salt and pepper on top of each, and return to the oven to brown the potato and bake the egg—about twenty minutes.

Shirred Eggs with Creamed Potatoes

Put one-fourth cupful of creamed potatoes (the potatoes should be diced small) in each ramekin or shirring dish; break an egg into each; place a bit of butter and some salt and pepper on them. Bake as directed for shirred eggs.

NOTE: Any of these shirred egg dishes may be made in a family size, rather flat glass or earthenware baking dish, instead of individually. In this case a little extra time must be allowed for the cooking.

Planked Eggs

6 eggs
3 cupfuls mashed or creamed potatoes
Salt and paprika
Slices of broiled tomato
1 cupful cooked peas or string or lima beans
A few curls of bacon
Parsley

Oil a plank and arrange on it the mashed or creamed potatoes, making six depressions into each of which break one egg. Sprinkle each with salt and paprika, and bake until the eggs are set in a moderate oven—about 350 degrees F. Then garnish with the broiled tomato, other vegetables, bacon curls, and parsley.

Eggs Rivoli

Turkey, chicken, or roast beef hash
Large slices of toast
Eggs
White sauce
Grated cheese

Have the hash rather moist and put a generous spoonful on each slice of toast. Make a slight depression in the centre and in this break a raw egg, put a spoonful of white sauce over the egg, sprinkle thickly with grated cheese, and bake in a moderate oven—about 350 degrees F.—until the eggs are set and the cheese melted—about ten minutes.

SCRAMBLED EGGS

Scrambled eggs may be combined with odds and ends of cooked meats, smoked fish, or with vegetables, not only to extend them but to vary their flavour. Perfectly scrambled eggs should never be hard and leathery, as they are often served, but rather soft and like a coagulated custard. Whenever left-over creamed vegetables or meat is added to scrambled eggs, the milk called for in the succeeding recipe should be omitted, or decreased in proportion to the food that is added to the eggs before scrambling.

Plain Scrambled Eggs

6 eggs
¾ cupful milk
⅔ teaspoonful salt
3 tablespoonfuls butter
⅓ teaspoonful pepper

Scald the milk and butter together in the pan in which the eggs are to be scrambled. Beat the eggs slightly, yolks and

whites together, add the salt and pepper, turn the eggs into the pan with the scalded milk mixture and cook, stirring constantly, until just set. Serve on toast or with a garnish of boiled rice or fried cornmeal mush.

Savoury Scrambled Eggs

One tablespoonful of minced parsley and six drops of onion juice cooked with the eggs.

Scrambled Eggs with Mushrooms

One-third cupful of minced canned mushrooms or of cooked fresh mushrooms added before cooking.

Scrambled Eggs with Chicken Livers

One chicken liver cooked and finely minced and added before cooking.

Scrambled Eggs with Pimiento

One pimiento finely minced and added when the eggs are nearly cooked.

Scrambled Eggs with Bacon

Four slices of bacon cooked until crisp, then cut into dice and stirred into the eggs.

Scrambled Eggs with Ham, Chicken, or Fish

Three tablespoonfuls of minced cooked ham, chicken, or smoked fish added before cooking.

Scrambled Eggs with Fried Eggplant

Dice one cupful of eggplant; dust this with flour and a little salt and pepper, brown it in two tablespoonfuls of butter, add the scrambled egg mixture minus the milk and proceed as directed.

Scrambled Egg with Tomatoes

Substitute well-seasoned canned or stewed tomatoes for the milk.

Scrambled Eggs with Cheese

Add two-thirds cupful of coarsely grated dairy cheese to the mixture for scrambled eggs before cooking.

Scrambled Eggs with Cereal

Add one cupful of cooked fine grain cereal such as farina, cornmeal mush, or cream of wheat, to the mixture for scrambled eggs before cooking. The cereal acts as an extender and, as it is so fine in grain, is barely perceptible.

Scrambled Eggs Cooked over Hot Water

This method should not be used for more than three eggs. Beat the eggs slightly, add $\frac{1}{3}$ cupful of milk, $1\frac{1}{2}$ teaspoonfuls of butter, $\frac{2}{3}$ teaspoonful of salt, and a little pepper. Place over boiling water and cook, stirring occasionally until the mixture is coagulated.

Eggs in a Garden

3 tablespoonfuls butter or a substitute
3 tablespoonfuls milk
4 eggs
$\frac{1}{2}$ cupful cooked cereal
$\frac{1}{3}$ teaspoonful salt
$\frac{1}{6}$ teaspoonful pepper
$\frac{2}{3}$ cupful mixed cooked diced vegetables—string beans, peas, asparagus tips, tomato, carrots
1 teaspoonful minced parsley
Hot buttered toast

Melt the butter, add the milk, then the eggs slightly beaten, the cereal, and seasonings. Cook over hot water (double boiler) until the mixture begins to thicken, then add the diced vegetables, and continue to cook until as thick as scrambled eggs. Pile high on the buttered toast and sprinkle with the minced parsley.

FRIED EGGS

Fried eggs are rarely ever cooked to perfection. When done the whites should be almost translucent, perfectly gelatinized, yet not tough, and the edges of the eggs should not be browned to a crisp, but should be only of a pale yellow colour and solidified but a trifle more than the remainder of the white. This can be accomplished only by frying the eggs at a lower temperature than is usually done. The following recipe for plain fried eggs shows how this can be accomplished:

Select a smooth frying pan and in it melt sufficient butter or bacon fat barely to oil the bottom. Bring this almost to smoking point; break in the eggs so that they do not touch,

and as soon as they begin to firm about the edges add a very little boiling water, about one tablespoonful to three eggs, cover the frying pan, and continue the cooking at a low heat. The water causes the eggs to steam through in the centre, the preliminary cooking before it is added sufficing to firm or shape the edges. Dust the eggs with salt and pepper and serve as desired.

Bacon or Ham and Eggs

Cook the thinly sliced smoked ham or sliced bacon rapidly until done in the frying pan, then remove it elsewhere to keep warm. Pour off part of the remaining fat, break in the eggs, and proceed as directed for plain fried eggs.

Fried Eggs Lyonnaise

To each three eggs allow one-fourth cupful of shredded raw onion; fry this gently in two tablespoonfuls of butter, bacon fat, or savoury drippings until the onion is yellowed, then remove it elsewhere to keep warm, and fry the eggs in the remaining fat according to the directions for plain fried eggs.

Eggs cooked in this way are particularly good for service around a mound of fluffy mashed potato for a luncheon or supper dish.

Hard-cooked Eggs

Place the eggs in plenty of cold water, cover, bring to boiling point, and then boil rapidly for ten minutes from the time the boiling commences. After this immediately immerse the eggs in cold water so that they will chill as soon as possible. If to be served hot they should, of course, not be immersed, but it will be found much easier to remove the shells if a little cold water is poured over the hot eggs.

Stuffed Eggs

Remove the shells from the hard-cooked eggs and cut the eggs in halves lengthwise; remove the yolks and mix them with half their bulk of the desired seasoning or flavouring agent, together with sufficient melted butter, cream, mayonnaise, boiled dressing, or, in some instances, chili sauce or tomato catchup to make the yolk mixture pasty.

Unless the stuffed eggs are to be whole, or are to be used

cold on a picnic, it is not customary to press the halves together, as this makes rather a large service. If, however, they are to be pressed together, a little of the yolk mixture should be omitted rather than heaped in, as is usually done. Stuffed hard-cooked eggs may be used either hot or cold. Suitable stuffing combinations for each three eggs are:

1. One tablespoonful chili sauce and a few drops of onion juice.
2. Three boned and shredded anchovies; one-half teaspoonful minced parsley, and a teaspoonful of chow-chow.
3. One tablespoonful of finely minced or devilled ham or tongue; one-half tablespoonful of tomato catchup or mayonnaise and a little celery salt.
4. One tablespoonful of soft grated dairy cheese, one tablespoonful Worcestershire sauce, and a teaspoonful of minced celery.

Creamed Stuffed Eggs

Allow an egg to each person. Hard-cook and stuff it with any of the combinations described; serve on buttered toast over which white sauce has been poured; garnish with parsley.

Stuffed Eggs with Cheese Sauce

Follow the preceding recipe and substitute cheese sauce for the white sauce mentioned.

Stuffed Eggs with Sardines

Allow a hard-cooked egg for each person. Fill with any of the mixtures for stuffed eggs that do not contain meat, and arrange for service in nests of lettuce leaves. Garnish the dish with sliced tomatoes, sardines, and lemon points.

Stuffed Eggs Anchovy

6 hard-cooked eggs
1 tablespoonful anchovy paste
6 small rounds of pimiento
6 slices tomato, lettuce or parsley
1 tablespoonful boiled salad dressing or mayonnaise

Cut a small slice from the top of each egg and carefully remove the yolks, mix these with the anchovy paste and salad dressing. Fill the cavities in the eggs with this mix-

ture, then place rounds of pimiento to fill in the holes. Pare off the end of each egg, place upon a round of sliced tomato, and garnish with heart leaves of lettuce or parsley.

Up-country Eggs

4 hard-cooked eggs
1½ cupfuls hot white sauce
2 tablespoonfuls buttered crumbs
1 tablespoonful grated cheese (optional)
Cooked sausages or sausage-meat cakes

Slice the eggs thick, add them to the white sauce and turn into an oiled baking dish. Sprinkle over the top the buttered crumbs to which the cheese has been added, if used. Bake fifteen minutes in a moderately hot oven—350–375 degrees F.—and garnish with the sausages or sausage-meat cakes.

Beauregard Eggs

3 tablespoonfuls butter
3 tablespoonfuls flour
2 cupfuls milk
4 hard-cooked eggs
½ teaspoonful salt
¼ teaspoonful paprika
Buttered toast

Prepare a thick creamy sauce with the butter, flour, milk, and seasonings. Hard-cook the eggs, separate the whites from the yolks and add the whites to the sauce. Pour this mixture over the buttered toast and press the yolks of eggs through a potato ricer or sieve over the whole.

Eggs Au Gratin

2⅛ cupfuls white sauce
6 hard-cooked eggs, halved
¾ cupful grated American cheese
⅓ cupful fine dried bread crumbs
1 tablespoonful butter

Butter a baking dish; put in the eggs and pour over the sauce to which the cheese has been added, cover with the crumbs combined with the butter, which has been melted, and bake gently in a moderate oven—350 degrees F.—until brown. It should not be allowed to boil as this over-cooks the eggs.

Eggs Indienne

Substitute tomato sauce (see section on Savoury Sauces) containing two tablespoonfuls of minced green pepper, one-third teaspoonful of curry powder, and one-third cupful of minced ham for the white sauce in the preceding recipe; finish as directed.

Escalloped Eggs with Ham, Chicken, or Salmon

One pint white sauce
4 hard-cooked eggs
½ cupful fine dried bread crumbs
1 tablespoonful butter
1½ cupfuls finely diced ham or chicken or flaked salmon

Butter a baking dish. Combine the white sauce and meat or fish; put a layer in the bottom of the baking dish and on this place a layer of the eggs sliced. Continue in this way until the savoury mixture and the eggs have been used. Finish with the crumbs mixed with the melted butter and brown in a moderate oven—350 degrees F.

Curried Eggs

2 tablespoonfuls butter or a substitute
1 tablespoonful flour
½ teaspoonful salt
1 teaspoonful finely minced onion
1 teaspoonful curry powder
1½ cupfuls stock
6 hard-cooked eggs
1 teaspoonful lemon juice
Boiled rice

Cook the onion in the butter until it begins to turn colour, add the curry powder, flour, and salt, and when smoothly blended, the stock. Stir until boiling—be sure to use a metal spoon as the flavour of the curry would cling to a wooden one—and simmer for ten minutes. Then add the eggs which have been cut into quarters, heat through without boiling, add the lemon juice, and serve with boiled rice.

OMELETS

There are several types of omelets, the most common being the rolled omelet, the plain omelet, or the puffy omelet or omelet soufflé. From these basic recipes may be developed a large variety of these delicious dishes. There is no better way to extend eggs than by combining vegetables or other foods with them in omelet form, such dishes being suitable to use at luncheon or supper. For breakfast the plainer types should be chosen, unless occasionally an omelet is introduced which is combined with an acid, as a tomato omelet. However, omelets may be used in two distinct ways: either as savouries or sweets, according to the ingredients with which they are combined, a strawberry omelet, for instance, acting both as dessert and as the protein of a luncheon or supper. To illustrate:

Luncheon or Supper

Strawberry Omelet Entire-Wheat Rolls and Butter
Iced or Hot Chocolate

Rolled Omelet

5 eggs
5 tablespoonfuls hot water or milk
¾ teaspoonful salt
¼ teaspoonful pepper

Beat the eggs until they are thick and light; then add the salt, pepper, and liquid; turn into a smooth, very clean omelet pan kept for the purpose, containing 1 tablespoonful of melted butter, and cook very gently over moderate heat for about two minutes, then raise the egg mixture with a fork so that the uncooked portion may precipitate. Let the omelet stand over the heat until the bottom is a pale brown, then either roll it up by means of a fork, or else fold the outside edges toward the centre and turn the omelet on to a hot platter, folded side down.

Variations of Rolled Omelets

Rolled omelets are more often served plain, although they are sometimes accompanied by a tart jelly, as currant; or sometimes before they are rolled up a little minced ham, some fried finely chopped onion, or onion and green peppers combined, or grated cheese, are spread over the surface. However, these rolled omelets are of necessity so thin that they will not hold a thick mixture.

Plain Omelet

6 eggs
6 tablespoonfuls cold water
½ teaspoonful salt
⅛ teaspoonful paprika
2 tablespoonfuls melted butter or a substitute

Beat the eggs slightly, yolks and whites together, add the water, salt, and paprika. Melt the butter or substitute in a frying pan or omelet pan, pour in the egg mixture, stir it about gently for a moment, then let it cook over a moderate heat until it begins to set. Gradually push the cooked part of the omelet toward the front of the pan, tipping the pan back so as to allow the uncooked portion to run over the pan; then as this sets repeat the process of pushing and tipping until the entire bulk of the omelet is set and it is browned on

the bottom. Turn on to a hot dish and serve immediately. An omelet should always be rather under than over-cooked; that is to say, while it should not "run" it should not be cooked so that the eggs become hard and tough.

Ham Omelet

Sprinkle one-half cupful minced ham over the surface of the omelet as it begins to set.

Tongue Omelet

Sprinkle one-half cupful minced tongue over the surface of the omelet as it begins to set.

Chicken Omelet

Sprinkle one-half cupful of minced chicken and one-sixth teaspoonful of grated lemon rind over the surface of the omelet as it begins to set.

Dried Beef Omelet

Sprinkle two tablespoonfuls slightly freshened minced dried beef into the omelet as it begins to set.

Shrimp Omelet

Sprinkle one-half cupful of cooked diced shrimps over the omelet as it begins to set.

Smoked Fish Omelet

Sprinkle one-half cupful of flaked cooked finnan haddie, kippered herring, smoked tuna fish, or salmon over the surface of the omelet as it begins to set.

Omelet Soufflé or Puffy Omelet

5 eggs
5 tablespoonfuls hot water or milk
¾ teaspoonful salt
¼ teaspoonful pepper

Separate the yolks from the whites of the eggs and beat the whites until stiff, the yolks until thick and creamy; add the seasonings and liquid to the yolks and fold this mixture into the stiffly beaten whites. Do not mix thoroughly, as the success of this omelet depends upon its puffi-

ness, which, in turn, is dependent upon the amount of air which is incorporated in it through the beating of the egg whites. Turn the omelet mixture into a clean frying pan kept for the purpose and containing a tablespoonful of melted butter. Cook very gently over moderate heat until the omelet begins to solidify, then lift it around the edges with a knife so that the uncooked portion may precipitate. Allow the omelet to brown on the bottom, then set it in the oven a moment to cook the top. Cut at right angles to the handle to form a hinge, then fold it over and turn it on to a hot platter.

Variations of Omelet Soufflé

Mushroom Omelet

Gently fry a cupful of diced, peeled mushroom caps and stems in two tablespoonfuls of butter for about ten minutes, season with salt, pepper, and a bit of mace, and spread very hot over half of the omelet just before it is folded.

Oyster Omelet

Pick over and wash a half pint of small oysters. Heat them until the edges ruffle in two tablespoonfuls of butter and spread them over half of the omelet just before it is folded.

Tomato Omelet

Just before folding spread over half of the omelet a half pint of thick stewed tomatoes, well seasoned with salt, pepper, and butter, but not containing any sugar.

Onion Omelet

Just before folding spread over half of the omelet either a cupful of onions shredded and fried to a pale brown or a cupful of creamed sliced onions.

Omelet, Garden Style

Just before folding spread over half of the omelet a cupful of equal parts of creamed string beans, peas, sliced carrots, and cooked asparagus tips, heated in a half cupful of white sauce.

Chicken Liver Omelet

Just before folding spread over half of the omelet two chicken livers which have been fried until tender in butter, then chopped and seasoned with salt, pepper, and a bit of Worcestershire sauce.

Strawberry Omelet

Just before folding spread over the omelet a heaping cupful of halved or sliced strawberries which have been sweetened to taste. Garnish the ends of the omelet with spoonfuls of the strawberries.

Pineapple Omelet

Just before serving spread half of the omelet with drained, shredded canned pineapple, or sweetened, fresh grated pineapple. Garnish the omelet with a spoonful of pineapple at either end.

Jelly Omelet

Just before serving spread half of the omelet with any tart jelly; then fold over as usual.

Cream Omelet

5 eggs
¼ cupful light cream, sweet or sour
¼ teaspoonful paprika
½ teaspoonful salt
1 tablespoonful butter

Beat the eggs until very light, then add the cream, the paprika and salt, and pour the mixture into a warmed frying pan in which the butter has been melted. Cook gently over a medium heat for about ten minutes, lifting up the mixture with a knife occasionally so that the uncooked portion may precipitate. Then let it brown. Fold it over and slide it on to a platter.

Cheese Omelet

To the mixture for cream omelet add ¾ of a cupful of grated American cheese and proceed as directed.

Omelet Celestine

4 eggs
$\frac{1}{6}$ teaspoonful salt
$1\frac{1}{2}$ tablespoonfuls butter or a substitute
$\frac{1}{2}$ cupful peach or apricot marmalade
2 tablespoonfuls toasted chopped almonds
$\frac{2}{3}$ cupful whipped cream

Separate the whites from the yolks of the eggs, beat the whites with the salt until stiff, beat the yolks until thick, and combine the two. Melt the butter in a large omelet pan, pour in the egg mixture and cook until just beginning to set around the edges, then place the pan in a moderately hot oven—350–375 degrees F.—and continue the cooking until the centre of the omelet is firm—about four minutes. Meanwhile, heat the marmalade, pour all but one tablespoonful of it over half of the omelet, sprinkle with the toasted nuts, fold the omelet together, turn on to a hot platter, and pour the remaining marmalade over the top. Garnish with the whipped cream.

Omelet Piedmont

5 eggs
$\frac{3}{4}$ cupful white sauce
1 cupful creamed chicken
1 finely ground green pepper

Beat the egg whites until stiff and the yolks until lemon-coloured; add the white sauce to the yolks, stir the mixture lightly into the whites, and transfer to an omelet pan containing two tablespoonfuls of melted butter. Cook until barely set on the bottom, then raise the mixture so that the uncooked portion may be precipitated. When brown on the bottom spread the chicken and peppers, mixed together, over the surface of the omelet. Cut at right angles to the handle, fold over, transfer to a hot platter and serve with a garnish of parsley.

COLD EGG DISHES

During the summer months most of our better tea rooms and hotels serve a variety of cool-looking dishes which depend for their protein properties upon cooked eggs. These dishes are steadily growing in popularity, and there is no reason why we cannot introduce them more widely into our

home luncheon and supper menus, for they make possible cookery in the early part of the day when it is cool, rather than at the last moment.

Poached Eggs, Virginia

Prepare six poached eggs. Arrange them for either individual or platter service as follows:

Place each egg upon a small slice or round of cooked ham; about this arrange some overlapping slices of tomato, intersperse with them either asparagus points or string beans. Pour French dressing over the vegetables and pass mayonnaise or sauce tartare.

Eggs in Tomato Aspic

6 poached eggs
3 cupfuls liquid tomato aspic
¼ cupful diced celery
¼ cupful finely minced ham

Add the ham and celery to the aspic and place a layer of this in six tea-cups which have been rubbed with salad oil; when this has almost set, place in each cup one of the eggs, filling up the cup with the aspic. To serve, unmould when stiff, garnish with potato salad, lettuce, or parsley.

SOUFFLÉS

There is no word in the English language into which the French "soufflé" can be exactly translated. The nearest definition that can be given is "puffed up, blown up, made light" by beating and by the addition of eggs. Here we have another basic formula which can be varied by the addition of different flavourings, seasonings, and extenders, the method of manipulation and style of cooking always remaining the same.

Cheese Soufflé

3 tablespoonfuls butter or a substitute
3 tablespoonfuls flour
¼ teaspoonful dry mustard
1 cupful milk
1 cupful grated cheese
⅛ teaspoonful paprika
Salt, if needed
3 eggs

Blend the butter, flour, and mustard smoothly together. Add the milk gradually and cook, stirring constantly, until boiling. Cool slightly, add the cheese, paprika, and salt if required—this will depend on the saltiness of the cheese.

Add also the yolks of the eggs which have been beaten until thick and lemon-coloured. Last of all fold in the whites of the eggs beaten until stiff. Turn into an oiled mould or into oiled ramekins and bake in a moderately hot oven—350–375 degrees F.—from twenty to thirty-five minutes, according to size. Serve immediately, as all soufflés fall quickly.

If desired for service at night the soufflé may be prepared in the morning up to the point of folding in the stiffly beaten whites of eggs, but these must be added just before baking.

Shrimp Soufflé

Substitute one cupful of diced cooked shrimps for the cheese and a slight grating of nutmeg for the mustard in the above recipe.

Lobster Soufflé

Substitute one cupful of diced cooked lobster for the cheese and a slight grating of lemon rind for the mustard in the above recipe.

Oyster Soufflé

Substitute one cupful of scalded diced oysters for the cheese, a slight grating of nutmeg for the mustard, and one-half cupful of oyster liquor for a similar quantity of the milk in the above recipe.

Chicken Soufflé

Substitute one cupful of minced cooked chicken for the cheese and one-half teaspoonful of grated lemon rind for the mustard in the above recipe.

Veal Soufflé

Substitute one cupful of minced cooked veal for the cheese and one-half teaspoonful of grated lemon rind for the mustard in the above recipe.

Lamb Soufflé

Substitute one cupful of minced cooked lamb for the cheese and one teaspoonful of minced mint for the mustard in the above recipe.

NOTE: For sweet soufflés see section on Desserts.

SAVOURY EGG CUSTARDS

In this form of egg cookery we have an almost unlimited field of variety, not only as regards flavouring, but also in style of cooking and manner of service. The custards (which are unsweetened) may be made plain or elaborate, one basic recipe with variations serving for all; they may be baked or steamed, served on individual plates or as one large mould, and can be used hot or cold, for a summer breakfast, a family or company luncheon, for "high tea," as the main course of a vegetarian meal, or as an entreé.

Plain Egg Custards

6 eggs
1½ cupfuls milk
½ teaspoonful salt

Beat the eggs thoroughly, yolks and whites together, with the salt. Add the milk, then strain into oiled custard cups or one large mould and steam until set, from one half to one hour, according to size. Test by inserting the blade of a silver knife into the centre of the custards—if the knife comes away clean and clear they are sufficiently cooked; if milky continue the cooking a little longer, then test again. To bake, set the custard cups or mould in a pan of hot water, cover, and cook at a temperature of 375 degrees F., testing in the same manner as when steamed. One large mould will take approximately one hour, small custards about thirty minutes. Cool slightly, unmould, and serve surrounded by tomato or any preferred sauce such as oyster, mushroom, chili, or Mexican sauce.

Cheese Custards

Add one-half cupful of grated cheese and one-eighth teaspoonful of baking soda dissolved in a half teaspoonful of cold water to the above recipe.

Tomato Custards

Use one and one-half cupfuls of stewed sifted tomato and one-eighth teaspoonful of baking soda dissolved in cold water in place of the milk in the recipe for egg custards.

Corn Custards

Add two-thirds cupful of corn pulp, fresh cooked or canned, to the recipe for egg custards.

Asparagus Custards

Add two-thirds cupful of diced asparagus, fresh cooked or canned, to the recipe for egg custards.

Celery Custards

Add two-thirds cupful of cooked and chopped celery pulp to the recipe for egg custards.

CHAPTER XVI

CHEESE AND CHEESE DISHES

(All measurements are level)

Cheese

NOT many years ago American-made cheeses were thought plebeian in the extreme. In juxtaposition to this, practically all imported varieties were considered such luxurious delicacies that only the rich could afford to buy them. But recently, through governmental promotion, most of the "imported" cheeses are "Made in America"!! This brings the two extremes together and allows the housewife to increase her cheese repertoire accordingly. At the same time food knowledge has advanced, and the woman who formerly looked askance at the labouring man's lunch of bread and cheese now realizes that instinct or inherited habit was, for him, a sure and safe guide, for cheese is one of our best protein foods, and many varieties may also be classed as fats. Cheese contains no waste. Every bit is usable, so, in spite of its increased cost, it still remains an inexpensive food. In point of caloric food value, the full cream, dairy cheese, cheddar, imitation Old English, pineapple, and Swiss head the list. Roquefort, Limburger, and Brie, with certain types of cream cheese, as Neufchâtel, follow a close second, with cottage cheese ranking third.

Swiss cheese has been termed the "rich man's luxury and the poor man's meat." It is claimed that a pound of good Swiss cheese contains as much protein as two pounds of steak, and that its heat and energy-making qualities are more than double those of beef.

Food Value of Cheese

All cheese, therefore, has a very definite food value, even including the fancy cheeses which we have been wont to

serve only at the end of a heavy meal. This is a point that custom has caused us to overlook, and instead of introducing the cheese in its rightful place, as the so-called lower class has always done, we, with our "higher knowledge," through this mistake, have been turning our digestions upside down. Perhaps one reason for this anomaly is because we have enjoyed the flavour of the "fancy" cheeses, yet have never reasoned out the many ways in which they may be introduced into a meal, not merely as tidbits, but as a real part of the menu.

The Italians have blazed the way for the general introduction of cheese better than any other people, for they serve cheese with any course, from soup through dessert, serving grated Parmesan with their delicious soups, Parmesan or other varieties again with their wonderful "dry soups" (macaroni, noodles, rice, and the like), cheese with many a meat or fish dish, and winding up the meal with a spread of cream cheese or other soft cheese, as Brie or Camembert, with the dessert of apples or pears. From the balanced-meal standpoint this is overdone, but from it we can at least absorb the great lesson of economy which Italy learned many centuries ago—that of using to its limit cheese, which is a highly concentrated and nutritious food, to pad out or extend those foods which are more costly, less nutritious, and less concentrated.

American Cheese

Most recipes which embody American cheese specify it as grated. For this reason I have used the term, but it may be added that in all cases where the cheese is to be cooked in the dish and is not served merely as an accompaniment, it may be put through the food chopper, or chopped fine in the chopping bowl. However, if the cheese is to be served with soup, or sprinkled over a vegetable salad, it should actually be grated and a hard cheese should be used. The rind may be saved for this purpose and all odds and ends of cheese may be utilized, except those of a very soft type. Keep in a dry place, not an icebox, in an aerated jar.

Edam and Pineapple

Edam and pineapple cheese originated in Holland, where are still located the greatest cheese markets of the world.

The two are so similar in texture and food value that they may be used interchangeably. When they appear as an accompaniment to crackers, the top of the cheese should be removed to form a lid, a little silver holder being screwed in to act as a handle. The interior is then loosened and the whole cheese is passed on a doily-covered plate with a cheese scoop for service. But it is much more convenient to buy but a section of one of these cheeses at a time. This cheese may be grated over saltines and browned in the oven; cream or cottage cheese balls may be made the size of walnuts and rolled in it; or it may be grated, combined with cream cheese, and made into "carrots" with parsley tops, or be added to the ordinary French dressing and served on a salad of lettuce and celery or romaine, or be used to make cheese straws or faggots.

Roquefort

Roquefort has been called "The King of Cheeses." It digests very readily and at the same time stimulates the digestion of other foods. "Eat what you choose, then eat Roquefort," was the advice given to King Edward VII by a noted French physician. This particular cheese is named for the town in the south of France in which it is made, and it obtains its individual flavour from the fact that it is ripened in deep, damp limestone caves. It is also successfully made in America.

Full Cream Cheese

The full cream cheeses are especially adapted to use with macaroni, rice, and similar cereals, adding their protein to the starch of these foods so that by the addition of salad or fruit or possibly a combination of the two, as in a fruit salad, a perfectly balanced meal is obtained. Cheese is a highly concentrated food and should therefore be used sparingly, even the rarebit often being extended by the addition of a thick cream base or made more digestible by the addition of tomato, as in the famous Blushing Bunny. The acid in the tomato takes the place of the salad suggested earlier and at the same time does its part in extending the bulk of the dish. Here starch is present in the form of toast or crackers, or rice with which the rarebit may be served.

It would be an easy matter to give literally thousands of cheese recipes, and many suggestions for the service of cheese as a garnish, in sauces, in dishes au gratin, in salads, etc., are given under the various headings in this book.

Even though we no longer have meatless days, it is by no means amiss to omit meat entirely from a meal; but when we do it some other form of protein must be given, and cheese is perhaps the simplest and best to use. Here are one or two suggestive menus using cheese as a substitute for the more costly meats.

Luncheon

Tomato Bisque Saltines
Cheese in Ramekins
Bread and Butter
Pineapple, Pear, and Peach Salad French Fruit Dressing
Wafers Coffee

Supper

Jellied Bouillon in Cups
Cheese Delights
Olives or Pickles
Stewed Fresh Fruit Cookies
Tea

Luncheon

Cheese Fondue
Baked Frenched Potatoes
Rolls Butter
Celery and Watercress Salad
Baked Apples with Jelly
Coffee

Welsh Rarebit

3 cupfuls diced cheese
2 tablespoonfuls butter
½ teaspoonful salt
⅙ teaspoonful cayenne
⅔ cupful milk
¼ teaspoonful dry mustard
1 tablespoonful tomato catchup
1 teaspoonful Worcestershire sauce
2 eggs

Cook the butter and cheese over hot water (double boiler or chafing dish) until the cheese is softened. Add all the remaining ingredients except the eggs and stir until smooth. Last of all add eggs well beaten, cook two or three minutes longer, and serve on toast or crackers.

Blushing Bunny

1 pound rich cheese
1 tablespoonful butter or butter substitute
⅔ cupful sifted stewed tomato
¼ teaspoonful dry mustard
¼ teaspoonful pepper
Salt, if needed

Melt the butter in the upper vessel of the chafing dish, cut the cheese into dice and add to the butter with the mustard and pepper. Put boiling water in the lower vessel of the dish and allow the cheese to melt slowly. Add the tomato and salt, if needed (this depends on the saltiness of the cheese). When smooth and creamy, serve on toast or crackers.

Cheese Fondue

1⅓ cupfuls bread crumbs
1½ cupfuls grated cheese
4 eggs
1 cupful scalded milk
½ teaspoonful salt
⅙ teaspoonful paprika

Pour the scalded milk over the bread crumbs and cheese, add the seasonings, the yolks of the eggs well beaten, and fold in the egg whites which have been beaten until stiff. Turn into an oiled baking dish and bake half an hour in a moderate oven—about 350 degrees F.

Fried Cheese Balls

1½ cupfuls grated cheese
2 tablespoonfuls flour
Whites of 2 eggs
⅙ teaspoonful paprika
½ teaspoonful celery salt
Frying fat

Beat the egg whites until light but not stiff. Add the remaining ingredients, roll into balls the size of large marbles, and fry golden brown in deep fat hot enough to brown a piece of bread in forty seconds—375 degrees F. Serve as a salad accompaniment.

Cheese Croquettes

3 tablespoonfuls butter or a substitute
⅓ cupful flour
⅙ teaspoonful paprika
½ teaspoonful salt
¼ teaspoonful mustard
1 cupful milk
1 egg
2 cupfuls diced cheese
Egg
Bread crumbs

Melt the butter or substitute, add the flour, paprika, salt, and mustard, and when smooth add the milk gradually. Bring slowly to boiling point, stirring constantly, and cook

for three minutes. Cool slightly, add the cheese and egg, turn on to a plate, spread smoothly, and when cold divide into twelve portions. Form into croquettes, dip in egg, then roll in bread crumbs and fry golden brown in deep fat hot enough to brown a piece of bread in forty seconds—375 degrees F.

Cottage Cheese and Pepper Rolls

6 medium-sized green peppers
2 cupfuls cottage cheese
½ teaspoonful celery salt
¼ teaspoonful paprika
Egg
Bread crumbs
Frying fat

Cut the tops from the peppers; remove the seeds and white connecting fibre. Scorch the peppers slightly in a hot oven or over a flame, then rub off the skins. Season the cheese, divide into six portions, and use to fill the peppers. Replace the tops, fasten them into place with small wooden toothpicks, and dip each pepper twice in beaten egg and then in bread crumbs. Fry golden brown, in deep fat hot enough to brown a piece of bread in forty seconds—375 degrees F. Serve with brown or tomato sauce.

Tomatoes Stuffed with Cheese

6 small tomatoes
1½ cupfuls grated cheese
⅔ cupful bread or cracker crumbs
1 tablespoonful Worcestershire sauce
½ teaspoonful celery salt
⅙ teaspoonful paprika
1 egg
3 tablespoonfuls buttered crumbs

Cut the tops from the tomatoes, scoop out the pulp and add to this the cheese, bread or cracker crumbs, seasonings, and egg. Turn the mixture into the tomato shells, sprinkle with the buttered crumbs, and bake in a moderate oven—about 350 degrees F.—twenty to thirty minutes.

Cheese Dainties

½ cupful butter or a substitute
⅓ cupful flour
½ teaspoonful salt
¼ teaspoonful paprika
1 teaspoonful dry mustard
1½ cupfuls milk
Yolks of 2 eggs
⅔ cupful grated cheese

Blend the butter and flour in a saucepan with the salt, paprika, and mustard. Add the milk, stir until boiling, and cook for three minutes. Cool slightly, then add the yolks of eggs, well beaten, and the cheese. Turn into an oiled pan

and when cold cut into rounds or finger strips. Brush over with white of egg, sprinkle thickly with grated cheese, and heat until brown in a quick oven—375 degrees F.

Cheese in Ramekins

1 cupful grated cheese
1 cupful stale bread crumbs
1½ cupfuls cooked peas
1 tablespoonful butter
½ teaspoonful salt
¼ teaspoonful paprika
½ teaspoonful dry mustard
2 eggs

Blend the cheese, bread crumbs, peas, butter, salt, paprika, mustard, and egg yolks, slightly beaten. Last of all, add the whites of the eggs beaten until stiff, turn into oiled ramekins, and bake fifteen to twenty minutes in a moderately hot oven —350–375 degrees F. Serve immediately.

Camembert Toast

1 Camembert cheese
Salt and paprika
Slices of graham or Boston brown bread or crackers

Remove the crust from a creamy Camembert cheese, spread the cheese thickly on slices of bread or crackers, dust with salt and paprika, and bake in a quick oven—375 degrees F.—from five to eight minutes, or until the surface of the cheese is golden brown.

Cheese Delights

2 cupfuls grated cheese
1 tablespoonful butter
1 beaten egg
¼ teaspoonful salt
6 slices of bread
⅙ teaspoonful paprika
½ teaspoonful mustard
1 teaspoonful Worcestershire sauce
6 slices of bacon

Add the butter and seasonings to the grated cheese and mix to a paste. Spread thick on bread and put a piece of bacon on top of each. Bake in a moderately hot oven—about 375 degrees F.—from five to eight minutes. Serve very hot accompanied by olives or pickles.

Red Pepper and Cream Cheese Salad

2 cream cheeses
3 bright red peppers
2 teaspoonfuls minced capers
1 teaspoonful minced chives or ½ teaspoonful onion juice
½ teaspoonful salt
⅙ teaspoonful paprika
2 tablespoonfuls mayonnaise or boiled salad dressing
Lettuce or watercress

Cut the peppers into halves lengthwise, remove the seeds and white connecting fibre, and allow the peppers to stand in ice water for one hour, then drain and dry. Mash the cheese and add to it the seasonings and salad dressing. Fill the halved peppers with the mixture and serve on individual plates with a garnish of lettuce or watercress.

Celery Stuffed with Cheese

1 cupful cream cheese or pimiento cheese
1 tablespoonful minced parsley
½ teaspoonful salt
¼ teaspoonful paprika
2 tablespoonfuls French dressing
½ cupful chopped olives (optional)
Crisp celery

Mash the cheese with a fork, add to it the parsley, salt, and paprika, also the olives if used, and moisten with the French dressing. Crisp the celery by standing it in ice-cold water for one hour. Dry and stuff with the cheese mixture. Set on ice for one hour before serving and garnish with celery leaves or lettuce. Serve as a salad accompaniment.

Cold Cheese Canapés

1 cupful grated cheese
⅓ cupful whipped cream
4 minced olives
1 tablespoonful minced pimiento
¼ teaspoonful salt
⅛ teaspoonful paprika
1 teaspoonful lemon juice
½ teaspoonful minced parsley
1 teaspoonful granulated gelatine
1 tablespoonful cold water
Strips of toast or crackers

Soften the gelatine in the cold water then dissolve it by setting the cup containing it over boiling water. Add to the whipped cream and stir in the cheese, salt, paprika, pimiento, minced olives, parsley, and lemon juice. Chill, then spread on strips of toast or crackers, and garnish with chopped olives and parsley.

Cheese and Tomato Canapés

⅔ cupful grated cheese
2 tomatoes
Rounds of graham or white bread
Butter
¼ teaspoonful salt
⅛ teaspoonful paprika
Minced green pepper or pimiento
Parsley and cut lemon

Toast one side of the rounds of bread, then butter the untoasted sides; lay a slice of tomato on each, sprinkle thickly with the cheese to which the salt and paprika have been added, and place under the gas broiler or in a hot oven—

about 375 degrees F.—until the cheese is melted and slightly browned. Garnish with minced green pepper, pimiento, parsley, and cut lemon.

Cheese Club Sandwiches

6 slices Swiss cheese
6 slices bacon—baked or broiled
3 tomatoes
Mustard
Salt
Paprika
Lettuce
French dressing
12 slices toast

Lay slices of cheese on half the toast, spread with mustard, then lay two or three slices of tomato on each portion of cheese, sprinkle with salt and paprika, add the bacon and the lettuce which has been dipped in French dressing. Cover with the remaining toast, cut across diagonally, and serve immediately.

Cheese Faggots

Fragments of left-over pie crust
1 cupful grated cheese
¼ teaspoonful dry mustard
⅛ teaspoonful paprika

Roll out the scraps of pie crust left when making pies. Spread half with the grated cheese and seasonings, fold over the other half of the pastry and roll again lightly. Cut part into finger-length strips and the remainder into rings using a large and a small biscuit cutter to make the rings. Bake five to eight minutes in a moderately hot oven—350–375 degrees F.—and serve six or eight of the faggots in each ring.

Cheese Gingerbread

1 cupful molasses
1 cupful grated cheese
1 scant teaspoonful baking soda
1 cupful water
2 cupfuls bread flour
2 teaspoonfuls ground ginger
½ teaspoonful salt

Put the molasses and cheese together in the upper part of a double boiler and heat until the cheese is melted. Add the soda and beat vigorously. Sift together the flour, salt, and ginger, pour the molasses and cheese mixture into these with the water, mix very quickly, and bake fifteen to twenty minutes in small well-oiled pans in a moderately hot oven—375 degrees F.

Dates Stuffed with Cream Cheese

2 packages cream cheese
⅓ cupful finely chopped nut meats
½ teaspoonful salt
⅙ teaspoonful paprika
1 tablespoonful orange juice
Grated rind ½ lemon
1 pound large dates

Mash the cheese with a fork, add the salt, paprika, nut meats, orange rind and juice, and set aside to chill. Remove the pits from the dates, stuff with the cheese mixture, and serve plain or as a salad on a bed of shredded lettuce, passing French fruit dressing.

Tutti Frutti Cream Cheese

1 cream cheese
2 teaspoonfuls preserved ginger syrup
1 teaspoonful cream
6 maraschino cherries
1 tablespoonful finely chopped nut meats
1 teaspoonful grated orange rind
3 crushed macaroons
Plain crackers or slices of sponge cake

Mash the cheese with a fork, add the syrup, cream, nuts, fruit, orange rind, and macaroons, work to a smooth paste, then spread on the crackers or sponge cake. Garnish each with half a nut meat or a small piece of cherry.

Frozen Cheese with Figs

2 packages cream cheese
½ cupful whipped cream
1 pound preserved or stewed figs

Mash the cheese with a fork, beat in the whipped cream, and turn into a straight-sided can or mould—a pound baking-powder can will serve excellently. Bury in equal parts of ice and salt for four hours, unmould, cut into slices, make a slight depression in the top of each, and put a stewed or preserved fig with a little of its syrup into it. Serve as a dessert with plain sponge cake.

CHAPTER XVII

MEAT SUBSTITUTES

(All measurements are level)

THE meat substitutes include fish, eggs, nuts, cheese, milk, and the dried matured vegetables, known as legumes. With the exception of the latter, all of these foods are concentrated—that is, they are sheer nourishment.

There seems to be a widespread notion that cereals and green vegetables, as well as the starchy vegetables, are also meat substitutes; this probably explains the fact that so many home-makers provide vegetable meals containing no protein or muscle-making foods for their families, and why so many men order a vegetable luncheon containing no protein. It also explains further why these luncheons so frequently cause indigestion, and why the families fed so largely upon these proteinless meals do not thrive.

In using any of the meat substitutes for these foods instead of meat, they must be combined with some other substance of a savoury, bulky nature to replace the fibre that is found in meat. Substances for such combinations are bread crumbs, any of the coarser cereals, as rice or hominy, and the various vegetables, some of them starchy, as white and sweet potatoes, winter squash, or oyster plant; others bulky in character as tomatoes, cabbage, or corn.

Planning Meatless Meals

This does not mean that plain cheese, plain nut meats, milk, and other such foods should not be used, but if they are used in their natural states the meal must be built up in such a way as to provide the necessary bulk.

Bread-and-milk is in itself a balanced meal providing a bread of the coarse, whole-grain variety, such as the entire-wheat bread given in this book, is used; if supplemented with

a little fruit that is not too acid, such as apple sauce, baked apples, or stewed prunes, it will not only be nourishing, but satisfying. Cheese and coarse bread with butter, some sliced tomatoes, and hot or iced cocoa is also a balanced meal, but it will be noticed that the bread and tomatoes supply the bulk.

When a meat substitute is used in place of meat, the accompanying vegetables must be bulky in character, as spinach, Swiss chard, or onions, and the dessert should be of a more substantial nature than when meat is served, such as Indian pudding with light cream, baked apple dumpling, or in case nuts do not appear otherwise in the menu, brown nut Betty with orange marmalade.

Illustrative Meatless Menus

Luncheon or Supper

No. 1

Clear Tomato Soup
Nut and Potato Croquettes Peanut Butter Sauce
Corn Muffins and Butter
Fruit Cup Tea

No. 2

Cream of Corn Soup Crackers
Pineapple, Grape, and Celery Salad Peanut Butter French Dressing
Biscuits and Butter
Sponge Cake Tea

A Vegetable Dinner

Vegetable Bouillon
Peanut Butter and Tomato Loaf White Sauce
Baked Onions Hominy-stuffed Green Peppers
Bread and Butter
Lettuce, Apple, and Cress Salad French Dressing
Coffee Jelly Marshmallow Cream Sauce
Tea

Preparing and Seasoning Meat Substitutes

One of the reasons why meat substitutes have not proved more popular is because they have seemed mysterious. No man especially likes to eat a food with which he is absolutely unfamiliar, so one of the things to be kept in mind is to

make up the meat substitutes in such a way that at least a second glance will reveal their ingredients.

Another reason why they have not been better liked (and they deserve to be so) is because they are often improperly seasoned. The cereals, crumbs, and other bland foods which form their basis or background need to be highly seasoned or livened up. This does not mean that an extra amount of pepper must be put into everything, but that the right amount of onion juice, tomato pulp, mace, parsley, poultry seasoning, or whatever is chosen, is used.

This is particularly true in making up meat substitutes which call for nuts when the nuts have not previously been toasted or browned in the oven.

A little study of the sections in this book dealing with fish, cheese, eggs, and the legumes will reveal many dishes which may be used to take the place of meat at luncheon, supper, or dinner. The recipes which have been given in this particular section deal especially with nuts and are chosen so that a glimpse may be given of the different types of dishes that may be made up by the right use of these splendid foods.

Preparing Nuts for Meat Substitute Dishes

Shell and blanch the nuts. To accomplish the latter, cover the nuts with cold water, bring them quickly to boiling point, drain at once, and rub off the husks, then place the nut meats in a slow oven to toast or lightly brown. This not only brings out their wonderful flavour, but it also makes it possible for the nuts to be kept a longer time. If desired, a little butter or vegetable oil may be placed in the pan in which the nuts are being toasted, but only in case they are to be used within a few days, as otherwise they will become rancid.

Cream of Peanut Butter Soup

1 cupful peanut butter
1 quart milk
1 pint boiling water
2 tablespoonfuls grated onion
1 clove
½ teaspoonful pepper
2 teaspoonfuls salt
1 tablespoonful flour
2 tablespoonfuls very finely minced green pepper (optional)
Paprika

Put the peanut butter in a double-boiler top and gradually work the water into it. Add the milk, onion, and seasonings,

and cook in the double boiler for twenty minutes. Then stir in the flour, rubbed smooth in two tablespoonfuls of cold water; stir in the peppers, if they are used, and cook ten minutes longer. Serve with crisped crackers or hot toast.

Vegetable Balls

2 cupfuls cooked, sifted winter squash, or mashed parsnips
⅔ cupful cracker crumbs
1 egg, well beaten
1½ tablespoonfuls butter substitute
1¼ cupfuls coarsely ground walnuts
Salt and pepper to taste

Beat the ingredients together while the vegetable is still hot. Let stand till cool, then shape into balls, dip them quickly in milk, then in equal parts of fine dry bread crumbs and extra nut meats, finely ground, and fry in vegetable cooking oil hot enough to brown a bit of bread in forty counts—375 degrees F. Serve with a white sauce containing, if possible, a little minced green pepper, or with a brown nut gravy.

Peanut Butter Tomato Loaf

2 cupfuls thick canned tomatoes
2 cupfuls peanut butter
1 cupful fine dry bread crumbs
1¼ teaspoonfuls salt
¼ teaspoonful pepper
2 tablespoonfuls cornstarch

Moisten the cornstarch with a little of the tomato pulp, then combine the ingredients in the order given and transfer to a well-oiled mould. Cover and steam for two hours, then serve hot with white sauce, peanut sauce, creamed onions, creamed green peppers, or hot peas. If any of the loaf is left over it may be re-steamed or sliced and browned on a griddle or in the oven.

If desired, this recipe may be halved and used as a stuffing for green peppers.

Steamed Rice and Nut Loaf with Stuffed Tomato Garnish

3 tablespoonfuls minced onion
2 tablespoonfuls butter
3 cupfuls cooked brown rice
¾ cupful chopped walnut meats
1¼ teaspoonfuls salt
⅓ teaspoonful pepper
3 tablespoonfuls minced green pepper
3 large tomatoes
1¼ cupfuls cooked peas
2 cupfuls white sauce
Parsley

Cook the onion and pepper gently in the butter until tender, stir them into the rice together with the salt and

pepper. Blend thoroughly, then press into a well-oiled mould and steam for thirty minutes. Meanwhile, cut the tomatoes into halves crosswise, dust with salt, and steam these also for twenty minutes. Scoop out the pulp and fill the tomato shells with the peas, which may either be left-over or freshly cooked. Unmould the rice loaf, garnish with the tomatoes and fresh parsley, and pour around these the white sauce to which the scooped-out tomato pulp has been added.

Nut Loaf

1½ cupfuls ground mixed nuts
2 cupfuls stale bread crumbs
1 egg
1 teaspoonful poultry seasoning
1 tablespoonful ground onion
¼ teaspoonful pepper
1 cupful evaporated milk
1½ teaspoonfuls salt
½ cupful water

Combine the ingredients in the order given, mixing thoroughly. Let stand for twenty minutes, then pack into a bread pan which has been rubbed with vegetable oil, and bake forty-five minutes in an oven at 375 degrees F. Serve with either a tomato or white sauce.

Nut Steak

1⅓ cupfuls nut meats, any kind, chopped fine
1 teaspoonful salt
1 egg
⅓ cupful milk
2¾ cupfuls soft bread crumbs, preferably entire wheat
1 teaspoonful celery salt
3 tablespoonfuls water

Roast the nuts, if possible, then combine with the remaining ingredients, let stand twenty minutes, and pat into a flat cake a half-inch thick to simulate a steak. Dust this lightly with flour on both sides and brown it, first on one side and then on the other, in vegetable oil or fat. Serve with brown nut gravy.

Nut Cutlet

1½ cupfuls finely chopped nuts, any kind
1 cupful cooked soft winter squash
1 cupful mashed potatoes
½ cupful fine dry bread crumbs
1 tablespoonful hot milk
2 tablespoonfuls butter
1 egg
1 teaspoonful salt

Combine the ingredients as enumerated and let stand thirty minutes, then shape into cutlets (see section on Deep-fat Frying), dip them in fine dry bread crumbs, then in a

slightly beaten egg diluted with one-fourth cupful of milk, and again in bread crumbs. Fry in deep fat hot enough to brown a bit of bread in forty counts—375 degrees F. Serve with white sauce or brown nut gravy.

Brown Nut Gravy

Melt two tablespoonfuls of butter substitute in a saucepan, add two tablespoonfuls of peanut flour and one tablespoonful of wheat flour, and cook the mixture, stirring constantly till the flours are brown; then add one and one-half cupfuls of boiling water, three-fourths teaspoonful of salt, and a little pepper. For thin "platter" gravy, replace the wheat with more peanut flour.

Creamed Potatoes with Peanuts

Prepare a white sauce as follows: melt two tablespoonfuls of butter substitute in a saucepan. Add two finely minced onions and a minced green pepper, if convenient, and when softened stir in two tablespoonfuls of flour, a teaspoonful and a half of salt, and a fourth teaspoonful of pepper. Add slowly a pint and a half of milk and when boiling stir in a quart of finely diced cooked potatoes. Reheat and add a cupful and a half of coarsely chopped peanut meats, reserving a few to sprinkle over the top of the dish. Serve at once.

Nut and Sweet Potato Cakes

3 cupfuls mashed seasoned sweet potatoes
1 tablespoonful peanut butter
1 tablespoonful butter substitute
1 egg
1½ cupfuls ground nut meats, any kind
A little sage (optional)

Combine the ingredients in the order given, shape into flat cakes, dip in flour and brown quickly in vegetable oil.

Serve as the main course at luncheon or supper with an accompaniment of rather tart apple sauce or baked apples.

Nuts in Salad Making

In salad making it is often desirable to reinforce a fruit or vegetable salad by the use of nut meats.

It is a safe rule to follow that peanuts may be used with bland fruits, as apples, and also with plain vegetables, as

potatoes and cabbage. The nut meats, as pecans, almonds, filberts, or hazel nuts, which are becoming very popular, and the various walnuts, are particularly adapted to more acid salads, as those of oranges, grapefruit, and so on.

A number of such salads will be found in this book in the section on salads.

Nut meats may also be used to reinforce salad dressings, recipes for these being found in that section.

Bread as Meat Substitutes

Bread in itself is not a meat substitute, but when it is reinforced with nut meats, it may form at least a part of the protein in the meal. (See sections on Yeast and Quick Breads.)

Breads which contain any one of the three flours that consist largely of protein—soy bean meal, peanut flour, and cottonseed meal—may also be used as meat substitutes. As yet these three foods are little used, but there is no doubt that, as our knowledge of chemistry and nutrition grows, they will be introduced more widely.

Soy Bean Meal Pancakes

1 cupful soy bean meal
½ cupful rice flour
1 teaspoonful salt
1½ teaspoonfuls baking powder
1 teaspoonful butter substitute, melted
1 cupful and 2 tablespoonfuls milk

Combine the ingredients in the order given with an eggbeater. Cook as usual on an unoiled aluminum or soapstone griddle, or on a slightly oiled griddle.

Peanut Flour Muffins

1 egg, well beaten
1¼ cupfuls milk
½ teaspoonful salt
1 cupful flour
1 cupful peanut flour
4 teaspoonfuls baking powder
1 tablespoonful butter substitute, melted

Combine the egg and milk, sift the dry ingredients through a coarse sieve, and beat them into the milk with an eggbeater. Stir in the butter substitute, transfer to well-oiled muffin pans, and bake from thirty to thirty-five minutes in an oven at 375 degrees F.

Cottonseed Corn Muffins

⅔ cupful cottonseed flour
1½ cupfuls cornmeal
4 teaspoonfuls baking powder
1 teaspoonful salt
1 egg, well beaten
2 tablespoonfuls corn syrup
1 tablespoonful butter substitute
2 cupfuls milk

Combine the ingredients in the order given, beat well, transfer to well-oiled muffin pans, and bake twenty-five minutes in an oven at 375 degrees F.

CHAPTER XVIII

SEA FOOD AND FISH DISHES

(All measurements are level)

THE term "sea food" or "fish" roughly embraces all animals habitually living in water, whether that water be salt or fresh. This includes all shell fish and bivalves such as clams, oysters, scallops, cockles, and mussels, and crustacea, as lobsters, crabs, shrimps, and crawfish.

The oceans are filled with fish, so are many of the inland streams and lakes. There is an abundant provision of one of the cheapest foods we can have as well as one of the most nutritious. It only remains for us to make use of this abundance.

Reasons for the High Cost of Fish

"To-morrow will be Friday so we'll fish the stream to-day!" —here is the most potent cause for the high cost of fish. Instead of making fish as much a matter of the daily diet as lamb chops or steak, we have made fish a one-day food. The dealer must do a whole week's business in one or at most one and one-half days. The second reason, and one over which we have less control, is that fish, being delicate of texture, is not easily adapted to long travel, and for this reason it is wiser for those living inland to depend for their fish supplies upon inland fish, or fresh-water fish, as we generally term it, and upon frozen, smoked, or dried fish.

General Division of Fish into Classes

Fresh fish, aside from shell fish, may be divided into two great classes: one, that in which the fat is diffused through the flesh, such as salmon, shad, bluefish, mackerel, eels, herring, and sturgeon; and two, the white, dry fleshed fish in which the fat is largely confined to the liver, such as cod, halibut, whitefish, haddock, the various bass, trout, flounder, and pike. Or, we might again divide them into the salt-water fish and fresh-water fish according to their habits of living.

Selection of Fish

The main indications of freshness are bright gills, bright eyes, firm bright scales, firm flesh. If the scales are dull and break easily, the gills of a deep maroon red and the eyes dull and glossy, the fish, while not necessarily bad, is no longer in prime condition.

The Use of Frozen Fish

Excellent frozen fish is now obtainable, and the process of refrigeration is carried on with so much scientific care and under such careful supervision that housekeepers, especially those living inland, need not hesitate to use frozen fish when the fresh varieties are not easily obtainable.

When fish are destined for freezing they are dressed and placed in shallow boxes, surrounded by cracked ice as soon as caught and they remain thoroughly chilled until arrival at the freezer's, where they are prepared according to their needs and placed in temperatures below zero until frozen solid, after which they are dipped into ice-cold water which forms an impenetrable coating around the whole fish which acts practically as a hermetic seal. After this preparation the fish is kept in storage at an exceedingly low temperature without danger of spoilage.

At the 1913 meeting of the Netherlands Association of Refrigeration, the following criteria for judging the good quality of fish preserved by artificial cold and intended for use in the kitchen were adopted:

Skin is shiny.
Scales strongly adhere to the skin.
Gills bright red.
Flesh elastic and firm, finger impressions do not remain.
Smell fresh also at the opened gills.
Mouth and gills closed.
Little or no slime on the skin.
Muscular stiffness has set in to greater or less great degree; when the fish is taken in the hand it bends accordingly, little or much.
The fish sinks in water.
After a short time a fishy smell and slime on the back appear.

Frozen fish is transported to the dealer in refrigerator cars usually still ice glazed. Sometimes the dealer thaws the fish out, sometimes it is purchased while still in its frozen state, in which event it should be placed in a covered dish in the refrigerator, preferably overnight, to thaw out. If it must be used quickly it should be thawed before cooking by placing it in cold water for two or three hours, but this is not desirable as it results in the fish losing some of its flavour. Always use frozen fish as quickly as possible after it has been thawed, cooking it in exactly the same manner as fresh fish.

Introducing Fish into the Menu

In every meal where fish is introduced, an acid should be provided. At breakfast it may be in the form of a raw acid fruit; at luncheon, as a fruit cocktail, a salad, a tart fish sauce, or tart dessert; at dinner, in the form of a savoury tomato soup, an acid salad, pickle, or some other tart relish, a savoury fish sauce, or a fruit-flavoured pudding. Each type of food æsthetically demands certain other foods to balance it, and it is necessary that this be kept in mind, especially with fish. The following menus illustrate these points:

Breakfast

Grapefruit
Fish Balls with Savoury Egg Sauce
Entire-Wheat Baking Powder Biscuits Butter
Coffee (Adults) Milk (Children)

Luncheon or Supper

Kedgeree
Mustard Pickles
Rolls Butter
Stewed Plums Layer Cake
Tea

Dinner

Tomato Bouillon
Broiled Bluefish
Parsley Peas in Cucumber Boats
Bread and Butter
String Bean Salad French Dressing
Cabinet Pudding
Coffee

Dinner

Boiled Codfish Egg Sauce
Baked Potatoes Baked Squash
Bread and Butter
Lettuce with Mayonnaise
Baked Lemon Pudding Hard Sauce
Coffee or Tea

Fish adapts itself admirably to platter meal service, that is, service when all the main foods for the meal are grouped on one platter. Planked fish is an excellent example of this type of service. Other suggestive meals simpler to prepare are as follows:

Fish Platter Meals

No. 1

Broiled Salt Mackerel garnished with Stuffed Tomatoes
Boiled Brown Rice and Buttered Asparagus Tips
Bread and Butter
Snow Pudding with Custard Sauce
Coffee or Tea

No. 2

White Fish à la Creole with a garnish of String Beans
Potato Croquettes and Pickled Carrots
Rye Bread and Butter
Fresh or Canned Raspberry Pie
Coffee or Tea

No. 3

Baked Stuffed Bluefish with a garnish of Creamed
Whole Potatoes with Parsley Sauce and Onions
Entire-Wheat Bread and Butter
Orange Shortcake
Coffee or Tea

The above menus may be used for substantial luncheons or suppers, or for home dinners.

While it is possible to obtain some fish through the year there are certain varieties which are best only at specific seasons, as follows:

Cod	All year
Haddock	All year
Halibut	All year

Herring	All year
Small Panfish (Perch, Porgies)	All year
Eels	All year
Flounders	All year
Scallops	All year
Sea Bass	All year
Soles	All year
Clams	All year
Mussels	All year
Pompano	All year
Weakfish	All year (On Pacific coast only during early summer)
Shad	Spring
Salmon	Spring to fall
Shrimps	Spring and summer (On Pacific coast fall and winter)
White Bait	Spring
Salmon	Spring to fall
Bluefish	Summer
Mackerel	Early summer
Tinker Mackerel	Late summer
Whitefish	Summer and fall
Striped Bass	Early summer
Oysters	September to April
Crabs—Hard	Fall
Soft	Spring and summer
Lobsters	According to location
Terrapin	All year
Turtle	All year

To Clean Fish

Fish which are bought at market are usually cleaned by the dealer, but even so they are apt to require some additional attention before being cooked. First see that all scales have been removed, if not, remove them by drawing the back of a knife over the fish beginning at the tail and working toward the head, pressing the knife firmly against the skin of the

fish so as to loosen the scales. If the fish has not been scaled at all at the market, this also is the proper procedure.

In all cleaning of fish the simplest and wisest plan is to lay it on a large sheet of paper on the table and do the necessary work there, after which, paper, scales, and all refuse can be rolled up tightly in the paper and discarded, burning being the quickest and most sanitary method of disposal.

If the fish being prepared have been caught by the home fisherman or brought from market in their natural state it will be necessary before even scaling them to cut off the tail, fins, and possibly the head—that will depend on how the fish is to be cooked. The fins should be slit at each side and pulled out; the tail should be cut off with scissors and the head should be severed with a clean sharp cut as close to the gill opening as possible to avoid wastage. With small fish such as smelts, the head is left on and the intestines removed through as small an opening as possible, made just where the head joins the body. With the larger fish—haddock, cod, salmon, whitefish, etc.—a slit is made in the underside (belly) of the fish and the intestines or viscera carefully taken out. With sole, flounder, and other flat fish the intestines lie in the underside quite up toward the head, and can be removed readily after the head is taken off—that part of the body is slightly soft, which is the indication of where the intestines lie.

In many fish after the intestines are removed a thin black soft tissue will be found which must also be removed. This is best accomplished by rubbing the flesh of the fish with a soft cloth which has been dipped into salt. This salt cleansing should also be given along that part of the backbone which is exposed during the cleaning, after which the fish should be carefully washed or at least wiped with a damp cloth.

If the head is to be left on the fish for cooking, as is sometimes done in baking, boiling, or steaming, the eyes must be removed with a sharp knife and the sockets cleaned by rubbing with a cloth dipped in salt.

To Skin Fish

The method of skinning fish depends on whether that fish belongs to the round-bodied or flat-fish family; if the former.

first remove the scales, fins, head, and tail as directed; then with a sharp knife cut through the skin from head to tail on each side of the upstanding backbone; then dip the fingers into salt and with the aid of a knife carefully work the skin away from the flesh, beginning at the head and working toward the belly and the tail. This cannot be done very rapidly as the flesh of most fish is tender and must be handled carefully to avoid breaking and consequent waste. When one side of the fish is skinned, proceed in exactly the same manner with the other side. From such fish, including haddock, whitefish, small cod, etc., only two fillets are obtainable. Such fillets will be large and thick.

With flat fish such as flounder and sole the method of skinning is entirely different; in fact, there are two methods of skinning flat fish. With these, clean and scale the fish but do not remove head, tail, or fins; lay the fish on a sheet of paper on the table, dark side uppermost, make a cut across the tail just where it joins the body, dip the fingers into salt, and carefully work a tiny bit of the skin up so as to be able to take hold of it between the thumb and fingers of the right hand, then work the thumb of the left hand between skin and flesh up the outer edge of the fish along the fins right to the head. Do the same thing with the other side of the fish, holding the skin this time with the left hand and loosening with the thumb of the right hand. When thus loosened at the edges the skin can be separated from the body of the fish by one or two vigorous pulls and should come off perfectly clean without any flesh adhering to it.

The second method of cleaning flat fish is to fillet them before skinning. Then lay the fillets on paper or table and, starting at the tail, using a broad-bladed sharp knife, cut the flesh and skin apart more by pressure of the knife than by actual cutting, keeping the blade of the knife slanting so that it does not cut through the skin. A little practise is necessary in order to do this cleaning quickly, but it is worth the time expended because, by the removal of the tough skin, fish is rendered very much more delicate and tender.

To Fillet Fish

This term means to separate the flesh from the bones, and the way in which it must be done depends on the structure of

the fish. With the round-bodied fish already referred to—haddock, for example, which is the round-bodied fish most frequently filleted—the backbone is really almost triangular. After cleaning, cut the fish carefully with a sharp-bladed knife away from each side of the backbone, taking long cuts so as not to break up the fleshy tissue. When the two fillets are removed from the bone, lay them flat on the table and with the fingers feel for and remove any small bones or portions of bones which may have been left in the fish, for when people are eating filleted fish they do not expect to find bones. These smaller bones will chiefly be found up toward the shoulders of the fish and around that softer part from which the viscera were removed.

To fillet flat fish, flounder, and sole, where the backbone is flat with a slight central ridge, make a straight long cut right down the centre of the body from head to tail, then with a sharp broad-bladed knife, keeping the knife almost parallel with the bone and with long cuts, separate the flesh from the bones of the fish. Two fillets will be secured from the upper side of the fish, and after these have been removed, turn the fish over, make a similar cut on the other side, and proceed in exactly the same way, so that four fillets are obtained from these fish; but of course they will be smaller and thinner than those two secured from the round-bodied fish.

Commercial fillets of haddock and other fish have been placed on the market, being delivered in special containers surrounded by ice chambers filled with cracked ice, the layers of fish being carefully separated by parchment paper, and also packed ice-cold in insulated containers. These sell at a reasonable price and are economical because one pays only for solid fish—there is no waste.

The Uses of Fillets of Fish

Fish prepared in this way may be baked with or without a stuffing; egged and bread-crumbed or dipped into batter and either sautéd or fried in deep fat; or it may be steamed or boiled and served with various sauces—lobster, oyster, cardinal, or mushroom—usually being masked, that is covered, with the sauce and garnished with lemon, parsley, or in any other desired manner.

Preparation of Fish for Different Methods of Cooking

Certain fish lend themselves only to a few styles of cooking, as for instance, pan fish, which are usually fried, or broiled, while others such as cod, halibut, haddock, and many of the larger fish, for instance, may be boiled, baked, fried, or prepared in other ways with savoury sauces. Some of the dry fish—flounder, haddock, and whitefish—are particularly good with a savoury dressing or stuffing.

Rules for Boiling Fish

If a regular fish boiler is available lay the fish on the rack and lower gently into the boiling water to which one tablespoonful of salt and one tablespoonful of vinegar or lemon juice to each two quarts of water have been added, the vinegar or lemon juice being used to make the flesh firm and to keep it white. If no boiler is available, place the fish on a plate and tie a piece of cheesecloth loosely around it to facilitate lifting it from the water after cooking. Boil ten to fifteen minutes for each pound of fish, according to thickness.

Fish suitable for boiling or steaming are whole small cod, or thick portions of cod, thick slices of halibut, whole haddock, whole whitefish, whole or thick slices of salmon, whole mackerel, whole weakfish.

Rules for Steaming Fish

Proceed exactly as for boiling fish but allow twenty minutes for each pound.

Sauces Suitable for Use with Boiled or Steamed Fish

(See section on Savoury Sauces)

Horseradish sauce
Pimiento cream sauce
Sauce Italian
White sauce
Parsley sauce
Egg sauce
Boiled or steamed fish sauce
Savoury egg sauce
Shrimp sauce
Oyster sauce
Cheese sauce
Mousseline sauce
Oyster mousseline sauce
Shrimp mousseline sauce
French oyster sauce
Tomato sauce
Danish sauce
Bread sauce
Onion sauce
Sauce à la Normandie
Mexican sauce
Mustard sauce
Egg-and-olive sauce

It is customary to serve a sauce that is quite liquid with boiled or steamed fish, as it is otherwise liable to be a little dry.

Try to select a sauce that contrasts in colour with the fish, as savoury egg sauce for boiled salmon, pimiento cream sauce for tuna fish, tomato or shrimp sauce for haddock.

Pickled Smelts

3 pounds smelts
1 onion, sliced
2 or 3 bay leaves
3 cupfuls vinegar
2 tablespoonfuls mixed spices
A few slices lemon

Cut the heads and tails from the smelts, lay the fish in an oiled steamer or colander, one layer at a time, sprinkle with salt, and cook over boiling water from three to five minutes, when the flesh of the smelts will have turned white in colour but will still be firm; they must not be cooked long enough to break. Lay them in a deep dish, and as the remainder of the fish are cooked, place them over the ones first prepared. Boil the vinegar, onion, spices, and bay leaves together for five minutes and when cold pour over the fish and add the slices of lemon. Cover and set aside for at least forty-eight hours before using. Smelts prepared in this way will keep for two weeks if submerged in the spiced vinegar.

Rules for Broiling Fish

Wipe the fish with a damp cloth, brush it over with melted butter or drippings, place on an oiled broiler, and cook over a clear coal or wood fire, under the broiler of the gas range, or on the kerosene range broiler turning the fish two or three times during the process of cooking, and seasoning it with salt and pepper when half done. The length of time for broiling will depend on the thickness of the fish, a slice of cod one inch thick taking eight to ten minutes, split mackerel or bluefish from twelve to twenty minutes, according to thickness.

Fish especially suitable for broiling are those of the oily variety, as slices of salmon, whole split bluefish or mackerel, herrings, shad. If drier fish, as cod or whitefish, are broiled they must be frequently basted with melted butter or drippings during the cooking process.

Sauces Suitable for Use with Broiled Fish

(See section on Savoury Sauces)

Mushroom chili sauce
Maître d'hôtel butter
Cucumber sauce
Hollandaise sauce
Mock Hollandaise sauce
Catchup sauce
Béarnaise sauce
Sauce tartare
Sauce meunière
Sauce remoulade
Cheese cream sauce
Lemon or any other savoury flavoured butter (see section on Sandwiches)

Many fish dishes take their name from the accompanying sauce, as broiled fish maître d'hôtel, etc.

Broiled Mackerel with Lemon-Butter Balls

1 thick mackerel, 2½ to 3 pounds
½ teaspoonful salt
Dash of paprika
Lemon-butter balls

Clean the fish as directed, wipe it with a damp cloth, and split the backbone. Broil, seasoning when half cooked, place on a hot serving platter, and garnish with lemon-butter balls or with lemon cups filled with sauce tartare, and with parsley or other salad green.

Fillet of Sole Marguéry

2 large fillets of sole
3 tablespoonfuls butter
2 tablespoonfuls flour
1 egg yolk
1½ cupfuls fish or chicken stock
Salt and pepper to taste
6 small oysters
6 cooked shrimps

Broil the sole; in the meantime, prepare a sauce as follows:

Melt the butter, stir in the flour and gradually the stock. Season to taste with salt and pepper, pour into the egg yolk beaten slightly, add the oysters and shrimps, and let cook until the oysters curl.

Serve the sole with the sauce poured around it and garnish with sliced lemon.

Broiled Bluefish

Prepare and broil a thick bluefish exactly as directed for broiled mackerel. Serve with a garnish of baked Frenched potatoes or shoestring potatoes and with lemon-butter balls, maître d'hôtel butter, or cucumber sauce.

Broiled Salmon or Swordfish

3 slices salmon or swordfish 1¼ inches thick
Salt
Pepper
Lemon juice
Melted butter

Wipe the fish thoroughly and broil slowly, the slices of salmon being thicker than mackerel or bluefish will take longer to cook through to the centre. Baste occasionally while cooking with a little melted butter and turn two or three times during the cooking that both sides may be browned. Season when half cooked and sprinkle the lemon juice over the fish after the cooking is completed. Garnish with parsley and cut lemon, and serve with duchesse potatoes, peas and sliced cucumbers, or with peas in cucumber boats.

Broiled Halibut

1 thick slice halibut
Salt and pepper
6 strips bacon or salt pork
Lemon juice

Wipe the fish with a damp cloth, lay it on the broiler, and if to be cooked under the broiler of the gas range, lay the strips of bacon or salt pork on it. Cook slowly, turning once or twice during the process; the length of time required for the cooking will depend on the thickness of the fish. A slice of halibut one and one-fourth inches thick will take from twenty to twenty-five minutes to cook thoroughly. When half done, season with the salt, pepper, and lemon juice. Transfer to a hot platter and garnish with parsley, potatoes, cut lemon, and a rich sauce such as maître d'hôtel butter, because halibut is a dry fish requiring fat to make a balanced food.

Broiled Cod or Haddock

Substitute three slices of cod or haddock one and one-fourth inches thick for the halibut, and proceed as in the above recipe. Serve with a similar sauce.

Rules for Stuffed Baked Fish

For this method of cooking the fish may be left whole, the stuffing being inserted in the cavity left when cleaning the fish, or it may be split, the backbone left in or removed, and the stuffing laid on top of the fish, or again, the fish may be filleted and the stuffing or dressing placed between two

fillets. In using either of the two latter methods, if possible bake the fish in a dish in which it can be served to avoid possible breakage in transferring it from the cooking pan to the serving platter. There are beautiful fireproof glass dishes now on the market suitable for cooking and service, in addition to which they have the still further advantage of being easier to clean than the old metal baking pans.

When fish are stuffed whole the stuffing is put into the cavity from which the intestines were removed, the flesh is then sewed into shape or fastened in some other way to prevent the dressing falling out. One of the simplest methods is to insert small wooden toothpicks through the flesh of the fish and to fasten with a criss-cross cord or thread; then, after the cooking is completed, the toothpicks may be pulled out and the thread will come away.

Dry fish, as haddock, should be thoroughly basted with water or melted fat during the cooking process, or should have strips of bacon or salt pork, or a piece of bacon rind laid over them while cooking.

Sauces Suitable for Use with Baked Stuffed Fish

(See section on Savoury Sauces)

Catchup sauce
Sauce remoulade
Mushroom chili sauce
Maître d'hôtel butter
Cucumber sauce
Tomato sauce
Béarnaise sauce
Sauce meunière
Hollandaise sauce

In selecting a sauce for service with baked stuffed fish, try to use one that will present contrasting colour. If the fish is very dry, select a sauce containing oil, as baked stuffed haddock with hollandaise sauce. If the fish is oily, use a sauce containing little fat, as cucumber or catchup sauce with baked stuffed bluefish.

Sauces served in this way should act rather as a relish than as a gravy; that is why cream sauces and the like are rarely ever served with baked stuffed fish.

Savoury Stuffing for Fish

1 cupful bread crumbs
$\frac{1}{2}$ teaspoonful salt
$\frac{1}{8}$ teaspoonful pepper
$\frac{1}{4}$ cupful melted butter or bacon drippings
1 beaten egg or $\frac{1}{4}$ cupful hot water
1 teaspoonful minced onion
1 teaspoonful minced parsley
1 tablespoonful chopped pickles

Mix all of the ingredients thoroughly. Should the egg not make the stuffing sufficiently moist (this will depend on the dryness of the bread crumbs), add a little hot water or fish stock made by cooking the bones and trimmings of the fish.

Tomato Dressing for Stuffed Fish

1 cupful tomato pulp, canned or fresh
1 tablespoonful minced onion
1 tablespoonful minced green pepper
⅓ cupful minced celery
1 teaspoonful poultry seasoning
1 cupful stale bread crumbs

Simmer the tomato, seasonings, and flavouring for ten minutes, then add the bread crumbs and cook two or three minutes or until they absorb all the moisture. Cool slightly before using.

If the fish is very dry, two tablespoonfuls of bacon fat or diced salt pork may be added to the dressing.

Rice Dressing for Stuffed Fish

2 cupfuls cooked rice
½ cupful stewed sifted tomato or tomato catchup
1 teaspoonful minced parsley
3 tablespoonfuls diced cooked bacon or salt pork
⅔ teaspoonful salt
⅙ teaspoonful pepper
1 teaspoonful Worcestershire sauce

Blend all the ingredients thoroughly together and if not sufficiently moistened add a little additional tomato or stock. This dressing may be used as a stuffing for whole fish, or it may be laid between fillets of fish which are to be baked.

Baked Stuffed Haddock

1 haddock
Savoury stuffing or tomato dressing
Strips of salt pork or bacon
Salt
Pepper
Lemon juice
Tomato sauce or brown sauce

Clean and scale the fish, leaving the head on. Sprinkle it inside with salt pepper, and lemon juice and stuff with any desired dressing. Sew up or fasten with toothpicks, place in an oiled baking pan, put strips of salt pork or bacon over the top, and put a cupful of water or stock and two tablespoonfuls of fat into the pan around the fish. Bake slowly for one hour, basting every fifteen minutes with the liquid in the pan, which can be used after the fish is done in preparing the brown or tomato sauce.

Baked Halibut au Gratin

1 thick slice of halibut
Salt
1½ cupfuls milk
Pepper
⅓ cupful grated cheese

Wipe the halibut and lay it in an oiled baking pan. Pour the milk around it, sprinkle with salt and pepper, cover with oiled paper and bake twenty to thirty minutes, according to the thickness of the fish, having the oven moderately hot —350–375 degrees F. Remove from the pan, sprinkle the grated cheese over the fish, and return to the oven to finish baking and to melt and brown the cheese.

Whitefish au Gratin

Substitute one medium-sized whitefish, split and boned, for the halibut in the above recipe.

Fillet of Sole au Gratin

Substitute four large fillets of sole for the halibut in the above recipe.

Codfish au Gratin

Substitute three thick cod steaks for the halibut in the above recipe.

Haddock au Gratin

Substitute one medium-sized haddock, split and bone, for the halibut in the above recipe.

Halibut Baked in Milk

2 pounds halibut
2 cupfuls milk
2 tablespoonfuls minced parsley
1 teaspoonful onion juice (optional)
⅔ teaspoonful salt
¼ teaspoonful pepper
3 tablespoonfuls flour

Mix the salt, pepper, and flour and roll the fish in this, lay it in a casserole, sprinkle over it the parsley and onion juice, and pour the milk around it. Bake, covered, about three quarters of an hour in a moderately hot oven—350–375 degrees F.—and serve in the dish in which it was cooked.

Halibut à la Creole

1½ pounds halibut
1 tablespoonful salad oil
1 teaspoonful onion juice
1 tablespoonful lemon juice or mild vinegar
1½ cupfuls stewed sifted tomato
1 tablespoonful butter or a substitute
½ teaspoonful salt
⅛ teaspoonful paprika
2 tablespoonfuls grated cheese
1 tablespoonful minced green pepper (optional)

Wipe the fish, lay it on a platter, and pour over it the oil, lemon juice, or vinegar and onion juice mixed together. Turn the fish two or three times in this, after which lay it in a baking pan and pour over the tomato, butter, salt, paprika, and minced pepper, if used, together with the oil, lemon juice, and onion juice in which the fish was marinated. Cover closely and bake half to three quarters of an hour according to the thickness of the halibut, in a moderate oven—about 350 degrees F. Then remove the cover from the baking pan, sprinkle the cheese over the top of the fish, and bake five minutes longer. Serve with the sauce over and around the fish.

Whitefish à la Creole

Substitute one medium-sized whitefish, split and boned, for the halibut and proceed as in the above recipe.

Haddock à la Creole

Substitute one medium-sized haddock, split and boned, for the halibut and proceed as in the above recipe.

Stuffed Fillets of Haddock

2 large fillets of haddock
1 cupful stale bread crumbs
1 tablespoonful minced onion
1 tablespoonful minced parsley
3 tablespoonfuls bacon fat or drippings
½ teaspoonful mixed herbs
1 cupful canned tomato pulp
⅓ teaspoonful salt
⅛ teaspoonful pepper
Grated rind ⅓ lemon
2 or 3 slices salt pork

Blend the dry ingredients in a bowl and moisten with the tomato (canned tomato soup may be used, if preferred). Lay one fillet of haddock in an oiled baking pan, spread the stuffing over it, and cover with the second fillet. Lay the slices of salt pork on top, pour one cupful of water, or water

and tomato mixed, round the fish, and bake half an hour in a moderate oven—350 degrees F.

Potted Smelts

6 dozen smelts
2 cupfuls olive oil
6 cupfuls vinegar
3 tablespoonfuls salt
1 ounce whole cloves } Mix and
1 ounce whole allspice } tie in
1 ounce peppercorns } cloth bags

Clean the smelts and remove the heads and tails. Pack them in small, deep earthen or stone pots. Sprinkle with salt, putting them in layers, and place spice bags throughout at intervals. Cover the fish with oil and vinegar and bake four hours in a moderate oven—350 degrees F. They will keep, closely covered, for months.

Rules for Frying Fish

The majority of fish served fried are coated with egg and bread crumbs before cooking, this coating serving two purposes: one, keeping the flavour and juiciness in the fish; and, two, preventing the frying fat from soaking into the fish. Such fish, if small, may be cooked whole, or if large cut into slices or fillets, i. e., the bones removed so that nothing but the solid fish is left.

Rules for Egging and Bread Crumbing

Wipe the fish with a damp cloth. Have ready on a plate an egg slightly beaten to which one tablespoonful of cold water has been added—the water extends the bulk of the egg and at the same time makes it a little thinner. Have also on a sheet of paper an abundance of bread crumbs which have been dried without browning and either passed through a food chopper or crushed with a rolling pin and seasoned with one teaspoonful of salt and one-fourth teaspoonful of pepper to each one and one-half cupfuls of crumbs. Lay the fish in the plate of beaten egg and brush the egg over it, using a brush, spoon, or a twist of soft kitchen paper; lift the fish from the egg, preferably on the blade of a knife, and lay it upside down in the paper of crumbs. Dot with egg that portion of the fish which lay on the knife, then toss the crumbs over the fish, patting gently to make them adhere. Shake off any loose crumbs before cooking. Fish so pre-

pared may be sautéd, cooked in deep fat, or baked in an oiled baking pan.

Sautéing Fish

Fish suitable for frying or sautéing are slices of halibut or cod, fillet of haddock, whole or filleted flounder or sole. Such fish as porgies or small pan fish are not usually egged and crumbed, but rather rolled in seasoned flour and sautéd in butter, drippings, or tried-out pork scraps.

Oven-Fried Fish

A fried effect may be gained for fish steaks, fillets, or ordinary slices of fish by baking instead of frying. An excellent way is to dust the fish with salt and pepper, sprinkle thoroughly with vegetable cooking oil, and then roll it in fine dry bread crumbs, place in a well-oiled pan, and bake in a hot oven.

Sauces Suitable for Use with Fried Fish

(See section on Savoury Sauces)

Cucumber sauce
Mock hollandaise sauce
Catchup sauce
Béarnaise sauce
Sauce Italian
Oyster mousseline sauce
Shrimp mousseline sauce
French oyster sauce
Tomato sauce
Sauce à la Normandie
Vinaigrette sauce
Mustard sauce
Egg-and-olive sauce

Care must be taken in selecting a sauce to serve with fried fish: not to use one that contains too much fat.

Trout Meunière

6 small trout
Flour
Salt
Pepper
Butter

Thoroughly clean and dry the trout, make three or four gashes through the skin in the side, roll in seasoned flour, and sauté in butter. Serve with sauce meunière.

Substitute Scallops

1½ pounds sliced halibut, codfish, or haddock, 1 inch thick
1½ cupfuls milk
Vegetable oil
Salt and pepper
Bread crumbs or cornmeal

Remove the bones and skin and save them; cut the fish into inch cubes, cover with milk, and let stand forty-five minutes. Then drain off the milk, reserving it for the foundation of a sauce to be served with the "scallops." Let the fish stand in vegetable cooking oil for ten minutes, then dust with salt and pepper, roll in fine dry crumbs or cornmeal, and bake ten minutes in a hot oven—375 degrees F. Serve with lemon juice, egg sauce, sauce tartare, or mock hollandaise sauce.

The Planking of Fish

By "planking" is meant either cooking on a plank, near a hot fire, or baking or broiling on a plank in the oven. Probably hunters and fishermen first learned of the method from their camp guides and in turn introduced it into their homes. Out in the woods hickory, ash, or oak is cut for the purpose, used once, and discarded, but planks which we buy at house-furnishing stores are treasured and used continually for the more the plank is used the better the flavour of the food cooked on it. Those who enjoy this form of cooking generally have two planks, one for meat and one for fish, for it is undesirable to use them interchangeably.

Preparing the Plank

The plank must be thoroughly heated before the fish is placed on it, and the first few times it is used should be brushed over with oil, butter, or butter substitute, but after it is thoroughly seasoned this becomes unnecessary. Never scrub a plank, but after use rub it thoroughly with sandpaper, then with salt, and keep it in a cool airy place until next required for use.

Planked foods are always served on the plank with their accompanying vegetables and garnishes. Trays of silver or other metals are sold, in which the plank may rest for table service, or failing this it may be laid on a large platter.

Preparing the Fish

When one thinks of planked fish, shad naturally comes to mind, but this is only one of many fish suitable to this style of cooking. The method of preparing all the larger fish is the same: after cleaning they should be split down the backbone and laid upon the heated plank skin side down. Dry

fish which is to be planked—cod, haddock, halibut, or smelts —will require frequent basting with butter, oil, or bacon fat; but the richer fish, such as shad, salmon, bluefish, and mackerel, which have natural oils distributed throughout the body, will need less basting. If preferred, strips of fat salt pork may be laid over the fish, which will eliminate most, if not all, of the basting. Season the fish with salt and pepper when half cooked. The time necessary for planking will depend on the thickness of the fish more than on its actual size, any of the large fish named requiring from twenty to thirty-five minutes.

Garnishes for Planked Fish

Usually a border of light fluffy mashed or duchesse potato is put around the fish, either with a spoon or forced through a pastry bag. The whole may then be baked for a few minutes to brown the potato slightly, or it may be left plain. If preferred, a border of well-boiled rice or hominy may be used in place of the potato.

Stuffed baked tomatoes, small stuffed peppers, small piles of peas or carrots and peas cooked together can also be placed on the plank. Or small white turnips boiled, hollowed out, and filled with peas or diced carrots are excellent.

Asparagus tips garnished with strips of pimiento are especially good with planked fish, while lemon cups, that is, half lemons from which the pulp has been removed, and a slice cut from the bottom of each half to make them stand level, may be filled with sauce tartare. In this case one must be allowed for each person.

Sliced lemons cut in various fancy forms and sprinkled with parsley may be used as a garnish.

From the above it will readily be seen that a very large plank and platter are necessary, for the entire contents of the savoury part of the meal are supposed to be served on it.

All green foods in season as cress, parsley, radish roses, or lettuce hearts, may be used as a final garnish.

Escalloped Whitefish

2 cupfuls diced cooked potato
$\frac{2}{3}$ teaspoonful salt
$\frac{1}{6}$ teaspoonful paprika
1 tablespoonful minced green pepper
2 cupfuls cooked whitefish
$1\frac{1}{2}$ cupfuls white sauce
$\frac{1}{3}$ cupful buttered crumbs or flaked cereal

Add the salt, paprika, and minced green pepper to the potato, put a layer into the bottom of an oiled baking dish, then a layer of fish, then sauce, and proceed in this way until all ingredients are used, having sauce for the last. Sprinkle the buttered crumbs over the top and bake in a moderately hot oven—350–375 degrees F.—twenty to twenty-five minutes.

In planning a fish dinner of boiled or baked fish with which a sauce is to be served, it will economize time and labour to prepare a larger quantity than will be needed for the one meal with the definite thought in mind of preparing a dish of escalloped or creamed fish for a subsequent meal.

Escalloped Codfish

Substitute two cupfuls of left-over cooked codfish for the whitefish in the above recipe.

Escalloped Halibut

Substitute two cupfuls of left-over cooked halibut for the whitefish in the first recipe.

In any of the above the seasoning may be varied by substituting for the minced green pepper a similar quantity of minced pimiento, chopped mustard pickle, or a chopped hard-cooked egg.

To Boil Lobster

Lobster should be bought alive (green), then either boiled by the dealer or boiled at home. The claws are usually plugged with a wooden peg, which prevents the lobster nipping. It may either be plunged alive into boiling salted water or may be first killed by cutting with a sharp knife just where head and body meet. Plunge the lobster head first into boiling water salted in the proportion of one-half cupful of salt to two quarts of water. Cook twenty to thirty minutes, according to the size, then drain and cool quickly. When cold it is ready for such further preparation or cooking as is necessary according to the manner in which it is to be served.

Cold Boiled Lobster

Cook the lobster as directed; when cold remove the large claws, then lay it on its back and with a very sharp knife

split lengthwise from head to tail. Lay the halves cut side uppermost on a platter, add the large claws, which should be slightly cracked for the easier removal of the meat, and garnish with lettuce. Serve with mayonnaise to which a few capers have been added.

To Remove Cooked Lobster from the Shell

To remove cooked lobster from the shell cook and split the lobster as directed. Remove the tail-meat from the shell (this will come out of each half easily without breaking), take out the intestinal cord which runs the length of the lobster and which will be found near the back. Pick the meat carefully from the head, the sand pouch which is in the middle of the head, and the gills which lie at each side of the head close to the shell. The greenish fat and the bright red coral are choice portions and should be carefully saved.

There is very little that is edible in the small claws and these are generally used for garnishing. The large claws, however, contain a good proportion of solid meat, and they should be cracked and the meat removed.

The shell and trimmings may be cooked with celery, a tiny bit of onion, and a bouquet of herbs to make a fish stock for lobster bisque.

Broiled Lobster

Lobster
Salt
Paprika
Melted butter
Chili sauce

Split the lobster (alive) or have this done by the fish dealer. Remove the intestinal cord as directed. Brush the cut flesh of the lobster over with melted butter and broil under the gas broiler or over a clear fire about eight minutes on the flesh side and six minutes on the shell side. Serve very hot, accompanied by seasoned melted butter and chili sauce.

The large claws should be broiled with the lobster, then cracked before being placed on the serving platter.

If preferred, lobster may first be boiled, then split and broiled, in which case ten minutes' cooking will be enough. Where a boiled lobster is being broiled it must be basted

with melted butter two or three times during the cooking to keep the flesh tender and juicy.

Baked Lobster

Lobster
Melted butter
Salt and cayenne
Lemon juice

Either live or boiled lobster may be baked. Split as for broiling and remove the intestinal cord. Brush each half over with melted butter, season with salt and cayenne and a teaspoonful of lemon juice to each half lobster. Bake in a hot oven—375–400 degrees F. If live lobster, bake about twenty-five to thirty-five minutes, according to size; if the lobster has already been boiled, fifteen to twenty minutes will be sufficient time to allow. Garnish with parsley and cut lemon and serve with melted butter and chili sauce.

Creamed Lobster

1½ cupfuls white sauce
1 tablespoonful lemon juice
2 cupfuls cooked lobster meat

Add the lobster meat cut into large dice to the white sauce; heat thoroughly without allowing it to boil, as this would tend to toughen the lobster. Add the lemon juice just before serving.

Lobster Newburg

¼ cupful butter
3 cupfuls cooked lobster meat
1 tablespoonful cornstarch
1½ cupfuls top milk or part milk and part cream
Yolks of 3 eggs
1 teaspoonful salt
⅛ teaspoonful cayenne
1 teaspoonful lemon juice
Sherry flavouring to taste according to the kind used

Melt the butter, cut the lobster into large dice and cook the two together for five minutes, stirring continuously. Add the cornstarch and cook a moment longer. Next add one cupful of the milk, or milk and cream, bring to boiling point, place over hot water (double boiler or chafing dish), add the yolks of the eggs slightly beaten with the remaining milk, and stir constantly until thickened. Add the seasonings, lemon juice, and sherry flavouring. Serve on toast or crackers.

Lobster Louise

2 cupfuls lobster meat
2 tablespoonfuls butter
2 tablespoonfuls flour
⅔ cupful rich milk
Buttered toast
⅔ cupful lobster stock
Slight grating of nutmeg
¼ teaspoonful paprika
½ teaspoonful salt
1 tablespoonful lemon juice

Cut the lobster meat into small pieces and cook these in the butter for five minutes. Add the flour and nutmeg, then gradually the lobster stock (see recipe for lobster bisque) and the milk, stir until boiling, add the salt and paprika, and simmer for five minutes. Remove from the heat, add the lemon juice, and serve on squares of buttered toast.

Lobster Cutlets

1 cupful thick white sauce
2 cupfuls cooked minced lobster meat
½ cupful soft bread crumbs
Frying fat
Slight grating of nutmeg
1 teaspoonful lemon juice
½ teaspoonful salt
⅛ teaspoonful paprika
Egg and bread crumbs

Chop the lobster fine (canned lobster may be used if desired), add it to the white sauce with the soft bread crumbs and the seasonings. Spread smoothly three fourths of an inch thick on a plate, set aside to cool, then divide into twelve portions. With the fingers and the flat blade of a knife press each portion into cutlet shape on a board which has been slightly sprinkled with bread crumbs or flour. Brush each cutlet over with well-beaten egg, then roll in bread crumbs and cook golden brown in hot fat deep enough to brown a piece of bread in forty seconds (if using a frying thermometer this should register 375 degrees). Drain on crumpled soft paper.

If fresh lobster, decorate with the feelers and small claws; if canned lobster is used stick a piece of macaroni one and one-half inches long into the narrow end of the cutlet before frying, to simulate a bone. Garnish with parsley and cut lemon, arranging the cutlets crown-fashion on the platter.

Escalloped Lobster

2 cupfuls cooked lobster meat
1½ cupfuls thin white sauce
1 teaspoonful lemon juice
Slight grating of nutmeg
1 cupful buttered crumbs
1 teaspoonful salt
⅛ teaspoonful paprika

Oil ramekins or a fireproof baking dish, put a thin layer of crumbs into it, then a layer of minced lobster which has been seasoned with the salt, paprika, nutmeg, and lemon juice, a layer of white sauce, and proceed in this manner until all ingredients are used. Sprinkle buttered crumbs over the top and bake in a moderately hot oven—350–375 degrees F.—fifteen to twenty minutes.

Either fresh or canned lobster may be used; with fresh lobster the mixture may be baked in the lobster shells instead of in ramekins.

Scallops

The only part of the scallop in common use is the firm muscle known as the "eye." Scallops may be served in practically every way in which oysters are served, other than raw. If to be used in cocktails, however, they are sometimes served raw or sometimes cooked. In the latter case simmer them for twenty minutes in boiling salted water to which a tablespoonful of lemon juice has been added.

Fried Scallops

1 quart scallops	Salt
Egg	Pepper
Bread crumbs	Frying fat

See that the scallops are thoroughly dry, roll them in slightly beaten egg, then in seasoned bread crumbs, after which repeat the egging and bread crumbing a second time, because in cooking the scallops shrink somewhat and give off part of their juices.

Fry in deep fat hot enough to brown a piece of bread in one minute (if using a frying thermometer this should register 350 degrees). Drain on crumpled soft paper and, if desired, garnish with crisply cooked bacon, parsley, and cut lemon. Serve with chili sauce or sauce tartare.

Scallops au Diable

4 cupfuls scallops	⅛ teaspoonful cayenne
¼ cupful butter	½ cupful chili sauce
Flour	1 teaspoonful lemon juice
½ teaspoonful mustard	1 tablespoonful minced parsley
⅛ teaspoonful salt	Few drops onion juice (optional)

Melt the butter and allow it to heat through without browning. Roll the scallops in flour, shaking off any which does not cling, then cook them for five minutes in the hot butter. Add the mustard, cayenne, salt, chili sauce, lemon juice, minced parsley, and onion juice, if used. Cook five minutes longer and serve on toast or with boiled rice.

Scallops with Mushrooms en Coquille

3 tablespoonfuls butter
1 cupful coarsely chopped mushrooms
2 tablespoonfuls cornstarch
1 cupful top milk or part milk and part cream
3 cupfuls scallops
1 tablespoonful lemon juice
Dash of mace
½ teaspoonful salt
⅛ teaspoonful paprika
1 tablespoonful minced pimiento (optional)
Buttered crumbs

Melt the butter and cook the mushrooms gently in it for five minutes, add the cornstarch, and when smoothly blended with the butter, stir in gradually the milk or milk and cream. When boiling, add the scallops, seasonings, and the pimiento, if used. Turn into oiled scallop shells, sprinkle thickly with buttered crumbs and bake fifteen minutes in a moderately hot oven—350–375 degrees F. Garnish with cress or parsley and cut lemon.

Buttered Shrimps

3 tablespoonfuls butter
1 tablespoonful cornstarch
1 cupful stock
1½ cupfuls cooked or canned shrimps
1 teaspoonful lemon juice
1 teaspoonful minced parsley
½ teaspoonful salt
Dash of cayenne
Rounds of fried bread or toast

Melt the butter and cook the shrimps in it for three minutes. Add the cornstarch and stir well. Then pour in the stock slowly, bring to boiling point, add the seasonings and parsley, and when thoroughly heated serve on rounds of fried bread or on toast.

Stewed Shrimps

3 cupfuls shrimps
2 tablespoonfuls butter or salad oil
1 tablespoonful minced onion
3 tablespoonfuls flour
1 cupful stock
1 cupful stewed sifted tomato
⅔ teaspoonful salt
⅛ teaspoonful paprika
1 tablespoonful Worcestershire sauce
Steamed rice

Heat the butter or salad oil, cook the onion in it gently for three minutes, stir in the flour, and when smoothly blended add the tomato and stock. Bring to boiling point, stirring constantly, put in the shrimps, salt, and paprika, and simmer for fifteen minutes. Last of all add the Worcestershire sauce and serve with plenty of steamed rice.

Shrimps New Orleans Style

1 pound boiled shrimps
2 hard-cooked eggs
1 tablespoonful butter
1 tablespoonful salad oil
1 tablespoonful vinegar
¼ teaspoonful salt
⅛ teaspoonful paprika
1½ cupfuls diced celery
1 tablespoonful mustard pickles

Pick the shrimps and set them aside until thoroughly chilled. Separate the yolks from the whites of the eggs, mash the yolks smoothly with a fork and beat into them the butter, oil, vinegar, salt, and paprika. Chop the whites of the eggs fine and add them to the shrimps with the diced celery and the mustard pickles. Pour the dressing over all and serve in lettuce nests.

Fried Shrimps

Either canned or fresh shrimps may be used for this dish. If the latter, pick them free of shell; if the former, drain them well. Roll the shrimps in flour, then in slightly beaten egg and then in finely ground bread crumbs which have been lightly salted, or use flour instead. Fry in deep fat hot enough to brown a bit of bread in forty counts—375 degrees F. by the frying thermometer.

Hard-shell Crabs

Remember that a crab possesses the ability to walk in all four directions and apparently in all four at once! He walks quite fast, and it is therefore necessary to be very wide awake when handling him. If picked up at the back, that is, holding him between the fingers at that part of the body farthest away from the large claws, he cannot nip.

Be sure that crabs are really alive and active; if quiet or even sluggish it is better to discard them. Plunge them into boiling, well-salted water and cook rapidly for twenty minutes. (See directions for boiling lobster.) Cool quickly after boiling.

If one has an abundance of time they may be dressed in the kitchen before serving, that is to say, the claws may be cracked and the meat extracted, blended with the body meat and seasoned; or the crabs may be served au naturel, each person preparing his own.

The small crabs of the East are delicious and savoury, but the amount of shell to meat is very great. It is a much easier matter to dress the large Pacific coast crabs because of their size and the greater amount of meat each contains.

Crabmeat au Gratin

2 cupfuls crabmeat
1 cupful white sauce
⅓ teaspoonful salt
⅛ teaspoonful paprika
2 tablespoonfuls buttered crumbs
2 tablespoonfuls grated cheese

Pick the crabmeat over carefully to remove all particles of shell. Add it to the white sauce with the seasonings, turn into individual ramekins, sprinkle the buttered crumbs and the grated cheese, mixed, over the top, and bake in a hot oven—375–400 degrees F.—ten to fifteen minutes. Garnish with parsley and cut lemon.

Creamed Crabmeat with Noodles

2 cupfuls minced crabmeat
1 green pepper put through the food chopper
1½ cupfuls white sauce
½ pound noodles, boiled
3 tablespoonfuls melted butter
½ cupful grated highly flavoured hard cheese

Add the crabmeat and pepper to the white sauce, mix the boiled noodles with the butter, arrange around the edge of a rather shallow baking dish, put the crabmeat in the centre, strew the cheese over the top, and brown in a quick oven—375 degrees F.

Crabs Baked in Shells

2 cupfuls crabmeat
2 tablespoonfuls butter
½ teaspoonful lemon rind
Slight grating of nutmeg
Buttered crumbs
1 tablespoonful minced pimiento
⅔ cupful milk or stock
½ cupful soft bread crumbs
½ teaspoonful salt
⅛ teaspoonful paprika

Flake the crabmeat and cook it for three minutes in the butter, add the milk or stock, the bread crumbs, lemon rind, nutmeg, pimiento, salt, and paprika. Heat thoroughly,

pack in the crab shells, sprinkle with buttered crumbs, and bake twenty minutes in a hot oven—375–400 degrees F.

Crabs Ravigote

2 cupfuls flaked crabmeat
2 hard-cooked eggs
1 tablespoonful tomato catchup
1 tablespoonful minced parsley
2 tablespoonfuls French dressing
2 tablespoonfuls minced pickles
½ teaspoonful salt
⅙ teaspoonful paprika
Few capers
Strips of pimiento

Blend the crabmeat, the whites of the eggs finely chopped, the tomato catchup, minced parsley, French dressing, minced pickles, salt, and paprika. Pack into the cleaned crab shells and garnish with the yolks of the eggs pressed through a sieve, the capers, cut lemon, and sprays of parsley.

Lobster, Salmon, or Crabmeat Timbales

2 cupfuls minced lobster, salmon, or crabmeat, canned or fresh
3 eggs
1½ cupfuls soft bread crumbs
2 teaspoonfuls lemon juice
4 tablespoonfuls melted butter
½ teaspoonful salt
⅛ teaspoonful pepper
1 teaspoonful finely minced parsley

Add the egg yolks, well beaten, to the minced fish, then the bread crumbs, butter, lemon juice, salt, pepper, and parsley. Beat the egg whites until stiff, fold in gently and bake in well-oiled timbale moulds or custard cups set in a pan of hot water in a moderately hot oven—about 350–375 degrees F. —about half an hour. Unmould and serve with a white sauce to which one-fourth cupful of chopped stuffed olives have been added.

Soft-shell Crabs

See that the crabs are lively when prepared for cooking. Clean them carefully or have this done by the dealer as short a time as possible before they are to be used. If to be cleaned at home remove the spongy substance lying just under the shell and take out the small pointed portion of the lower shell which is known as the apron. Then wipe each crab carefully with a damp cloth and allow them to stand for half an hour in a bowl of egg and milk, allowing two eggs and one and one-half cupfuls of milk to six crabs, most of which will be absorbed by the crabs. They can be prepared without this custard bath but it makes them very much more juicy and delicious.

Broiled Soft Crabs

Prepare soft crabs as directed, lift them from the custard bath, place on a broiler and cook about four minutes on each side. Place on toast or fried bread, pour a tablespoonful of melted butter over each crab, garnish with parsley and lemon and serve with sauce tartare.

Fried Soft Crabs

Prepare soft crabs as directed, and after lifting from the custard bath, coat each one with beaten egg; then roll in bread crumbs and sauté for about eight minutes; or cook golden brown in deep fat hot enough to brown a piece of bread in one minute (if using a frying thermometer this should register 350 degrees F.).

Baked Soft-shell Crabs

1 dozen small soft-shell crabs
½ cupful melted butter or a substitute
½ cupful stale bread crumbs
2 teaspoonfuls salt
⅛ teaspoonful paprika

Clean the crabs, or preferably have the fish dealer do this. Brush over with melted butter, then dip in the bread crumbs with which the salt and paprika have been mixed. Lay side by side on an oiled baking pan and cook in a hot oven—375–400 degrees F.—for eight minutes. Serve immediately with sauce tartare.

Steamed Soft Clams

50 soft clams
Dry cornmeal

Scrub the clams thoroughly, then lay them in a shallow pan with just enough water to cover and sprinkle a handful of cornmeal over them. They will open their shells to get the cornmeal and in so doing will "spit" out the sand which sometimes makes steamed clams so disagreeable to eat. Leave them in the water with the cornmeal for from two to three hours, then pour off the water and put the clams in a large saucepan with one cupful of cold water. Steam just until the shells open. Serve with seasoned melted butter and with some of the clam liquor in individual cups.

Roast Clams

Prepare as directed in the recipe for roasted oysters.

Devilled Clams

2 cupfuls soft clams
4 tablespoonfuls butter or margarine
½ teaspoonful minced onion
1 tablespoonful minced green pepper
3 tablespoonfuls flour
1 cupful top milk
½ cupful clam liquor
½ teaspoonful salt or half salt and half celery salt
⅛ teaspoonful paprika
½ cupful bread crumbs

Either fresh or canned clams may be used; if the clams are fresh clean them, separate the hard and soft parts and chop each rather coarsely. Cook the hard portions for five minutes in the clam liquor, then strain and discard the hard portions.

Melt two tablespoonfuls of the butter or margarine, add the onion and green pepper and cook these slowly for five minutes, then put in the seasonings and the flour, and gradually stir in the top milk and clam liquor. When boiling, put in the soft parts of the clams, turn into small well-oiled ramekins, cover with the bread crumbs to which the remaining two tablespoonfuls of butter have been added, and brown in a hot oven—375–400 degrees F. Shrimps, oysters, or salt-water mussels may be substituted for the clams.

Clam Fritters

⅔ cupful flour
½ teaspoonful baking powder
⅛ teaspoonful paprika
⅛ teaspoonful celery salt
¼ cupful milk
1 egg
2 cupfuls coarsely chopped cooked clams

Sift together the flour, baking powder, paprika, and celery salt, add the egg unbeaten and the milk and beat until smooth. Remove the tough portions of the clams, chop the soft bodies and add them to the batter. Drop by tablespoonfuls into a pan in which a little bacon fat or pork fat has been heated, and cook gently until delicately browned; then turn and brown on the other side. Add more fat as required, but never have enough in the pan at one time to make the fritters greasy. Serve plain or with chili sauce.

Minced Clams on Toast

2 strings of clams or 2 dozen medium-sized hard-shell clams
2 tablespoonfuls butter
1 tablespoonful minced parsley
½ teaspoonful salt
⅛ teaspoonful paprika
Toast

Remove the tough necks of the clams and simmer these with the clam liquor for five minutes; then strain and discard the necks. Chop the soft bodies of the clams coarsely and cook them in the butter for two minutes. Add the clam liquor, salt, paprika, and parsley, heat through without boiling and serve on hot toast.

Minced Clams with Celery

Add to the above recipe one cupful of diced celery, simmering it for ten minutes in the clam liquor.

Minced Clams Bengal Style

Add one-half teaspoonful of curry powder to the butter before putting in the clams and serve with boiled rice instead of on toast.

Roasted Oysters on the Half-Shell

Have the oysters on the deep half of the shell, season with salt, paprika, and lemon juice, then sprinkle over each a teaspoonful of buttered crumbs. Bake in a moderately hot oven—about 375 degrees F.—just until the edges of the oysters begin to curl. Serve in relays, a few at a time, as they must be eaten hot.

Coddled Oysters

2 dozen large oysters
1 teaspoonful salt
¼ teaspoonful paprika
2 tablespoonfuls butter
Buttered toast
Cut lemon

Put the oysters into a large shallow pan and cook them until the edges begin to curl, stirring them about during the cooking that they may heat evenly. Season with the salt and paprika, also the butter, pour over hot buttered toast, and serve with cut lemon.

Oyster Patties

2 tablespoonfuls butter
3 tablespoonfuls flour
¼ teaspoonful salt
⅛ teaspoonful paprika
1½ cupfuls top milk
1 egg yolk
24 medium-sized oysters
6 patty shells

Melt the butter, stir in the flour and seasonings, and when blended, the top milk. Bring to boiling point, stir into the egg yolk, slightly beaten, add the oysters, well washed and

thoroughly drained, let stand over hot water until the edges curl, then serve in the patty shells with a garnish of parsley or pimientoes.

Fried Oysters

Large oysters
Egg
Bread crumbs
Celery salt
Paprika
Deep frying fat

Select the largest oysters obtainable, wash them carefully in their own liquor, pat dry in a cloth, then dip in egg and bread crumbs and season with celery salt and paprika. Let stand for half an hour, then redip in egg and bread crumbs and fry golden brown in deep fat hot enough to brown a piece of bread in forty seconds (if using a frying thermometer this should register 375 degrees F.). Serve plain or with tartare, hollandaise, or mock hollandaise sauce.

Creamed Oysters

2 cupfuls thick white sauce
2 dozen oysters
1 tablespoonful lemon juice
½ teaspoonful salt
Dash of cayenne

Scald the oysters in their own liquor, then add them to the thick white sauce with the salt and cayenne. The oyster liquor will thin down to the right consistency. Serve on toast or garnished with croutons of toast or fried bread.

Creamed Oysters with Mushrooms

Add to the above recipe one cupful of mushrooms which have been coarsely chopped and cooked in two tablespoonfuls of butter for five minutes.

Escalloped Oysters

Arrange in an oiled baking dish creamed oysters and buttered crumbs in alternate layers, using one and one-half cupfuls of buttered crumbs to the above recipe. Bake in a moderately hot oven—350–375 degrees F.—just long enough to heat through and to brown the crumbs.

Creamed Oysters au Gratin

Add to the above recipe for escalloped oysters one-half cupful of grated cheese, mixing this with the buttered crumbs, and proceed as directed.

Oyster Pie

Turn the creamed oysters or creamed oysters with mushrooms into a previously baked pie shell and sprinkle the top thickly with cooked bacon cut into tiny dice.

Angels on Horseback

Large oysters
Salt
Paprika
Lemon juice
Thin slices of bacon
Strips of buttered toast
Parsley and cut lemon

Allow six oysters for each service. Drain them and pat dry in a cloth. Season with salt, paprika, and lemon juice, then roll each oyster in a very thin slice of bacon. Fasten with a toothpick and sauté until crisp. Serve on strips of hot buttered toast, garnishing with parsley and cut lemon.

Kabobbed Oysters

3 dozen oysters
Small squares of fat bacon
Slices of toast

Allow one-half dozen oysters for each person to be served. On thin steel or wooden skewers run first a square of bacon, then an oyster, and so on until all are used, allowing one skewerful to each person. Lay the skewers on a rack in a baking pan and cook in a hot oven—375 degrees F.—for about five minutes. If preferred, the cooking may be done under the broiler of the gas range.

Have ready the slices of toast cut into rather long strips; place a skewer with its burden of oysters and bacon on each slice, dust over with paprika, and pour some of the liquid, which will have dripped into the pan, over all. Serve with slices of cut lemon.

Pickled Oysters

2 quarts oysters
1 dozen cloves
½ teaspoonful peppercorns
1 large blade mace
1 minced green pepper
1½ cupfuls mild vinegar
1 teaspoonful celery salt
¼ teaspoonful paprika

Scald the oysters in their own liquor, drain, put the oysters into a jar, and add all of the other ingredients to the liquor. Boil for five minutes, pour over the oysters, and set aside in a cool place. Do not use for at least twenty-four hours.

Shell Fish Newburg

4 tablespoonfuls butter
2 cupfuls shell fish prepared according to requirements
⅔ teaspoonful salt
⅙ teaspoonful paprika
⅛ teaspoonful grated nutmeg
1 cupful light cream or top milk
2 eggs
Buttered toast
Sherry flavouring to taste according to kind used

Melt the butter and cook the shell fish in it for five minutes, then add the salt, paprika, and nutmeg, also the cream or top milk and the eggs slightly beaten together. Cook over hot water (double boiler or chafing dish) until as thick as boiled custard. Add the sherry flavouring and serve on hot buttered toast.

To prepare oysters for Newburg, scald in their own liquor, and drain; to prepare shrimps, use boiled shrimps, removing the shells; to prepare clams, scald in their own liquor and drain; to prepare crabmeat, pick carefully to remove all particles of shell; to prepare lobster, cut into large dice.

The Use of Salt, Smoked, and Canned Fish

The following list gives the salted, smoked, and canned fish in common use, all of which are obtainable in different sections.

Dried Salt Fish: Barracuda, burbot channel bass, cod, haddock, hake, pollock, shark, whiting.

Brine Salted Fish: Herring, mullet, mackerel, sable, salmon, shad.

Smoked Fish: Carp, catfish, eel, finnan haddie, hake, halibut, lake trout, pollock, salmon, sturgeon, whitefish.

Canned Fish: Cod, grayfish, haddock, herring, mackerel, sardines, salmon, tuna fish, whale, crab flakes, lobster, clams, oysters, anchovies, fish pastes.

Remember that salted, smoked, and canned varieties of fish are often less expensive than fresh fish as they contain no waste.

Canned fish may be substituted in all recipes calling for fresh cooked fish, as, for instance, canned oysters in preparing escalloped oysters or oysters au gratin, canned clams in preparing clam fritters, and canned tuna in preparing creole fish. Canned fish may also be used in the making of various

fish soups and chowders in place of the fresh fish specified in such recipes.

Steamed Finnan Haddie

3 pounds finnan haddie
2 tablespoonfuls butter
Boiling water or milk and water
Pepper

Remove the skin from the finnan haddie and simmer it in a shallow pan with the water or milk and water for five minutes. Drain, dust with pepper, and spread the butter over it. Garnish with lemon and parsley or watercress.

Escalloped Finnan Haddie with Eggs

3 cupfuls cooked finnan haddie
2 cupfuls white sauce
1 minced pimiento
1 chopped hard-cooked egg
⅛ teaspoonful paprika
1 tablespoonful minced parsley
1 teaspoonful lemon juice
½ cupful stale bread crumbs
1 tablespoonful melted butter or a substitute

Pick the fish over carefully, removing all skin and bone. Add it to the white sauce with the pimiento, hard-cooked egg, paprika, parsley, and lemon juice. Turn into an oiled casserole or baking dish and cover with buttered crumbs made by blending the bread crumbs and melted butter. Bake half an hour in a moderate oven—350–375 degrees F. Garnish with parsley and slices of lemon and hard-cooked egg, if desired.

Codfish Cakes

3 cupfuls diced raw potato
1½ cupfuls shredded codfish
2 tablespoonfuls butter
¼ teaspoonful pepper
1 egg

Peel the potatoes and cut them into large dice, then cook with the codfish until the potatoes are tender. Drain, mash both fish and potato thoroughly, add the butter, pepper, and egg, and beat hard. Drop by tablespoonfuls into deep frying fat hot enough to brown a piece of bread in forty seconds (if using a frying thermometer this should register 375 degrees F.). Cook golden brown, drain on soft crumpled paper, and serve.

If the fish used is in a solid slice, soak it overnight and cook for at least half an hour before adding the potato.

Kedgeree

1½ cupfuls cooked smoked fish
2 cupfuls cooked rice
2 hard-cooked eggs
3 tablespoonfuls butter
⅛ teaspoonful paprika
Slight grating of nutmeg

Remove all bones and skin from the fish, cut or flake it quite small, and add it to the rice with the whites of the eggs diced or chopped and the seasonings. Melt the butter, add and heat the fish mixture in it, tossing it about in the pan to prevent burning. Pile on a hot platter and press the yolks of the eggs through a sieve over the whole.

Fish Hash

3 cupfuls diced cooked potato
1 cupful cooked salt codfish or smoked fish—halibut, salmon, or sturgeon
1 cupful white sauce
A few drops onion juice (optional)
⅛ teaspoonful pepper
1 cupful diced cooked carrots

Add the potato, fish, carrots, and seasonings to the white sauce, turn into an oiled baking dish, and bake twenty minutes in a moderately hot oven—350–375 degrees F. Garnish with slices of bacon or salt pork which have been fried or baked until crisp.

Creamed Codfish

2 cupfuls white sauce
2 cupfuls shredded codfish
¼ teaspoonful paprika
1½ teaspoonfuls minced parsley
1 tablespoonful minced pimiento (optional)

Freshen the codfish by pouring boiling water over it, drain, then add it to the white sauce and simmer for ten minutes. Add the minced parsley, the pimiento, if used, and the paprika, with salt, if necessary. Serve on toast or in a border of mashed potato.

Half a pound of solid salt codfish may be used in place of the shredded fish if desired, in which event soak it overnight in cold water, drain, cover with warm water, simmer until tender, then flake the fish and add it to the white sauce, and proceed as directed above.

Creamed Fish on Toast

Substitute one and one-half cupfuls of finely shredded smoked salmon, halibut, or sturgeon for the codfish in the

above recipe, and if desired add a hard-cooked egg yolk in addition to or in place of the minced pimiento.

Baked Smoked Salmon in Cream

Butter a shallow earthenware baking dish and lay in it thin slices of smoked salmon. Dust lightly with flour and a little pepper, cover with equal parts of milk and cream and bake fifteen minutes in a hot oven.

Salt Mackerel Baked in Milk

Soak a salt mackerel for at least eight hours, rinse well, place in an oiled dripping pan, dust with flour and a little pepper, cover with equal parts of milk and water (or use all milk), and bake until tender in a moderate oven—350 degrees F.—about forty minutes.

Broiled Salt Mackerel

Soak a salt mackerel for eight hours, rinse thoroughly, and drain or pat dry with a little absorbent paper. Place flesh side up in an oiled broiler, broil until tender (about fifteen minutes), turning the fish once or twice during the process. Spread lightly with butter and serve with a garnish of lemon, or with chili sauce or catchup sauce.

Salt Fish with Egg Sauce

Select if possible a thick "middle" piece of codfish or finnan haddie, about two pounds, and let soak overnight in cold water. In the morning, place it in a saucepan, cover with cold water, and bring slowly to boiling. If the water tastes very salt pour it off and add fresh cold water, otherwise simmer until the fish is tender in the water in which it was put on to cook—from twenty to thirty minutes for each pound of fish. Drain and pour over it egg sauce, garnishing with cut lemon and parsley or watercress.

Grilled Sardines on Toast with Lemon Garnish

1 large can sardines
½ teaspoonful salt
¼ teaspoonful paprika
1 tablespoonful Worcestershire sauce
2 tablespoonfuls sardine oil
Strips of buttered toast
Slices of lemon
Finely chopped parsley

Remove the sardines from the can carefully so as not to break them. Scrape off the skin and marinate in a seasoning of salt, paprika, and Worcestershire sauce for an hour. Heat the oil in a frying pan and cook the sardines in it; then lay on strips of toast and garnish with slices of lemon cut in quarters, and with the tips dipped in finely chopped parsley.

Ways to Use Left-Over Fish

There are so many excellent ways of utilizing left-over fish that where a fish dinner is being planned, it is by no means amiss deliberately to buy more fish than will be needed for one meal with a view to serving the remains curried, à la king, or in various ways suggested in this section for luncheon or supper next day. Then, too, as an economy of time, when making sauce for service with the fish, plan to make an additional amount and reserve part to be served with the left-over.

Not only fresh fish, but also canned salmon, tuna, and salt or smoked fish can often be used interchangeably in made dishes. If the quantity of left-over fish is small, it can be extended by being combined with less expensive ingredients such as cornmeal mush, potato, fresh or canned vegetables, as well as being made savoury by the addition of minced pepper, pimiento, onion, chopped pickle, and stock sauces, thus extending the fish flavour and at the same time providing a balanced meal.

Don't be afraid of trying experiments with left-overs; some of our best dishes are the result of happy accidents of combination, giving new flavours and adding snap and zest to the meal.

Fish à la King

2 tablespoonfuls butter or a substitute
2 tablespoonfuls flour
1 cupful milk
1 teaspoonful salt
¼ teaspoonful paprika
2 tablespoonfuls minced pimiento
3 cupfuls flaked cooked fish
1 hard-cooked egg
Toast or crackers

Put the butter and flour together into a saucepan, and when smoothly blended, add the milk gradually, stir until boiling, and cook for three minutes. Add the salt, paprika, pimiento, and fish and allow these to become thoroughly

heated in the boiling mixture. Last add the egg coarsely chopped and serve on toast or crackers.

Fish Cakes

1½ cupfuls left-over codfish, haddock, or whitefish
3 cupfuls mashed potato
1 teaspoonful minced parsley
1 tablespoonful melted butter
½ teaspoonful salt
¼ teaspoonful pepper
1 beaten egg
Flour

Flake the fish fine, add the potato with the salt, pepper, parsley, and melted butter. Add also as much of the egg as is needed to moisten the mixture. Beat thoroughly, divide into twelve portions, roll into balls, flatten the tops and bottoms, then roll lightly in flour and sauté in bacon or ham fat. Or, try out slices of salt pork, cook the fish cakes in the fat, and serve the pork with the fish cakes. If preferred, coat with egg and bread crumbs and fry golden brown in deep fat hot enough to brown a piece of bread in forty seconds (if using a frying thermometer this should register 375 degrees F.). Serve garnished with parsley and slices of lemon.

Creamed Fish

1½ cupfuls white sauce
2 or 3 cupfuls flaked left-over fish
1 tablespoonful minced parsley
1 tablespoonful minced green pepper or pimiento (optional)
A grating of nutmeg

Add the pepper or pimiento, if used, and the parsley to the white sauce, stir in the fish from which all bones have been removed, heat through, and serve on toast.

Fish Shortcake

Serve creamed fish between and on top of split hot biscuits, garnishing with parsley and slices of lemon.

Creamed Fish with Croutons

Serve creamed fish in a deep dish, garnishing with croutons of fried bread or fried cornmeal mush.

Creamed Fish Gratiné

Turn the creamed fish into a baking dish, sprinkle the top with buttered crumbs and grated cheese in equal proportions, and brown in a quick oven—375 to 400 degrees F.

Fish Cutlets

1 cupful thick white sauce
2 cupfuls cold cooked fish
½ cupful mashed potato or bread crumbs
1 tablespoonful minced parsley
A few drops onion juice (optional)
½ teaspoonful salt
⅙ teaspoonful paprika
Egg
Bread crumbs
Frying fat

Stir the fish, bread crumbs, or potato, salt, paprika, parsley, and onion juice if used, into the thick white sauce. Spread smoothly on a plate and when cold divide into ten or twelve portions. Form these with the fingers and the flat blade of a knife into cutlet shape on a board which has been lightly sprinkled with flour or bread crumbs, coat each cutlet with egg and crumbs, shake off all loose crumbs, and fry golden brown in deep fat (if using a frying thermometer this should register 375 degrees F.). Arrange in crown shape and garnish with parsley and cut lemon.

Fish Pudding

2 cupfuls cold cooked fish
1 cupful bread or cracker crumbs
1⅓ cupfuls scalded milk
2 eggs
2 tablespoonfuls melted butter
1 teaspoonful grated lemon rind
1 tablespoonful lemon juice
⅓ teaspoonful salt
⅙ teaspoonful paprika

Flake the fish and season it with the butter, lemon juice and rind, salt, and paprika. Pour the milk over the bread crumbs, set aside until cool, then blend with the seasoned fish. Add the yolks of the eggs well beaten, and last of all fold in the whites of the eggs beaten until stiff. Turn into a well-oiled mould, cover and steam one and one-half hours. Serve with egg sauce, oyster sauce, or parsley sauce.

Salmon Loaf

1 pound can salmon
2 eggs
¾ cupful soft bread crumbs
2 tablespoonfuls melted butter
¼ cupful milk
Juice ½ lemon
⅛ teaspoonful pepper
½ teaspoonful salt
1 teaspoonful minced parsley (optional)
½ teaspoonful onion juice

Turn the salmon from the can and remove the skin and bones. Heat the milk and stir in the bread crumbs to make a paste, and add this to the salmon with the egg yolks and seasonings. Then fold in the egg whites, beaten stiff, transfer

to a well-oiled pan, and bake in a hot oven—375 degrees F.—for thirty-five minutes. Serve either hot or cold with tomato sauce, creamed peas, or sauce tartare.

Tuna Fish Loaf

Follow the proportions and directions in the preceding recipe, substituting canned tuna fish for the salmon.

Fish Pie

3 cupfuls left-over baked, steamed, boiled, or broiled fish
1½ cupfuls thick white sauce
1 finely minced green pepper
A few drops onion juice
3 cupfuls cooked mashed potato
2 tablespoonfuls butter or a substitute

Add the fish to the white sauce with the minced pepper and onion juice. Line a well-oiled casserole or baking dish with the mashed potato, put the fish into the centre, and cover the top with more mashed potato. Roughen with a fork, brush over with melted butter, and bake in a moderately hot oven—375 degrees F.—until heated through and browned on top.

If preferred, rice or cornmeal mush may be substituted for the potato, in which case heat the pie thoroughly but do not brown it.

Fish Soufflé

2 tablespoonfuls butter or a substitute
2 tablespoonfuls flour
1½ cupfuls milk
½ cupful stale soft bread crumbs
½ teaspoonful salt
Grated rind and juice of ½ lemon
1 teaspoonful minced parsley (optional)
2 cupfuls flaked cooked fish
3 eggs
⅛ teaspoonful paprika

Cook the butter and flour together until smoothly blended, add the milk gradually and stir until boiled. Next, add the bread crumbs, the lemon rind and juice, parsley if used, salt, paprika, fish, and the yolks of the eggs well beaten. Cool, and fold in the whites of the eggs beaten until stiff. Turn into a deep soufflé mould or baking dish, set in a pan of hot water, and bake in a moderate oven—350–375 degrees F.—until firm—about three-quarters of an hour. Serve immediately with oyster, parsley, or savoury sauce.

If baked in ramekins for individual service, twenty minutes will be sufficient time to allow for the cooking.

Curried Fish

2 tablespoonfuls butter or a substitute
1 tablespoonful flour
1 teaspoonful curry powder
¼ teaspoonful salt
1½ cupfuls milk or fish stock
2 cupfuls coarsely flaked cooked fish
1 tablespoonful lemon juice
Boiled rice

Blend the butter and flour over a gentle heat until smooth. Stir in the curry powder and salt, add the milk or stock gradually, and stir until boiling. Simmer five minutes, add the fish, and heat it through. Add the lemon juice last and serve with an abundance of boiled rice.

Hot Spiced Fish

2 cupfuls cold cooked fish
3 tablespoonfuls mild vinegar
Few drops onion juice
1 teaspoonful Worcestershire sauce
2 cloves
Small piece bay leaf
½ teaspoonful salt
⅛ teaspoonful pepper
½ cupful stewed sifted tomato
2 tablespoonfuls butter
Toast or cooked rice

Scald together the vinegar, onion juice, bay leaf, cloves, salt, and pepper. Flake the fish and pour the hot mixture over it. Allow to stand for thirty minutes, then remove the spices. Add the tomato, Worcestershire sauce, and butter, bring to boiling point, and serve on toast or in a border of rice.

Crumbs from the Rich Man's Table

They have a place—
Crumbs.
Singly—they mean little.
Part of the whole—they have the same attributes.

O crumbs from the Rich Man's Table, what *are* you that we
have not?
You are not air, full and free.
You are not water, clean and pure.
You are not sunshine.
Often you represent foolish desire—
Waste, envy, or jealousy.

Why live or think in terms of crumbs?
The penny is a dollar crumb.
The crust a part of the loaf.
The scraps part of the roast.
The wasted gas, part of the bill.
"Crumbs"
They are worth thought for what they *can be.*

Not the Rich Man's Crumbs.
Let me gather up *my* fragments
And make them whole.

CHAPTER XIX

MEATS AND MEAT DISHES

(All measurements are level)

THE finest beef is obtained from a steer about four years old, while the best-flavoured mutton is from a sheep about three years old. Many claim that mutton tastes oily, but this fault can easily be remedied by the removal of what may be termed the inner skin—not the hide, for that, of course, will already have been removed—but the thin, fatty skin which contains the oil cells.

The chemical composition of meat is affected by various factors, the age, sex, and feeding conditions all bearing upon it. The flesh of very young animals, veal, chicken, suckling pig, and lamb, is not only more watery, but of less pronounced flavour than meat from mature animals. Very young meats are also deficient in fats and minerals and because of their wateriness they lose a larger proportion of weight while cooking.

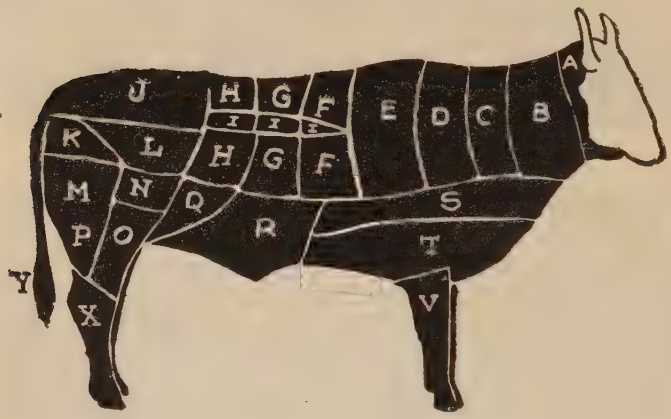
Practically all meats are better if hung for a certain time, that the muscles may become more tender and better flavoured. This, however, is a matter which concerns the meat packer and butcher rather than the housewife, and need not be discussed in detail here.

It is worthy of note that practically all animals used for food are themselves vegetarians. The pig is a notable exception, being omnivorous and willing to eat practically everything set before him!

The Selection of Meats

Beef: Beef should be heavy, the fat firm and white, the lean bright red flecked with fat and firm and elastic to the touch. Beef specially fattened for market will have heavy surface layers of fat, soft and yellowish, due to the oil cake on which the animal is usually fattened.

DIAGRAM SHOWING HOW BEEF IS CUT



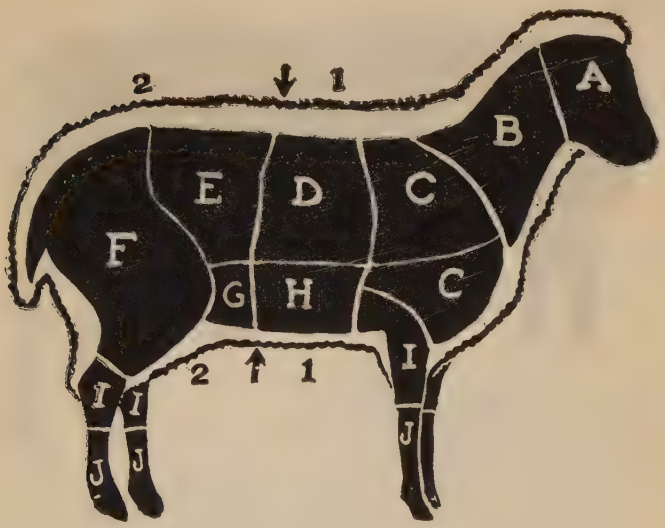
New England Cuts

A—Head; used for boiling, stews, etc.
B—Neck; used for soup, stews, casseroles, meat pies, etc.
C—Chuck ribs, used for pot roasting, roasting, or boiling.
D—Shoulder and rib; chuck roast or pot roast.
E—Prime ribs; used for roasting.
F—Tip of sirloin; used for rib roasts.
G—Middle of sirloin; used for rib roast, porterhouse steak, and flank steak.
R—Thick flank with bone; used for soup, stews, meat pies, etc.
H—First cut of sirloin; used for roasts and steaks.
I—Tenderloin or fillet; used for fillet mignon, tenderloin steaks, etc.
S—Rattlerand; used for corning.
T—Brisket; used for corning and pot roasting.
V—Shin; used for soup stocks, stews, meat pies, etc.
X—Shank; used for soup stock, stews, meat pies, etc.
P—Bottom round; used for casseroles, meat pies, hamburg steak, pot roasts, etc.
M—Top round; used for steak, pot roasts, hamburg steak, etc.
K—Aitch bone; used for roasting, braising, pot roasting, and corning.
N—Rump; used for pot roasts, stewing, etc.
L—Middle rump; used for roasting, stewing, meat pies, etc.
O—Vein; used for steaks, roasting, braising, minced meat, etc.
Q—Boneless flank; used for meat pies, braising with stuffing, corning, etc.
J—Back of rump; used for steaks, roasts, etc.
Y—Tail; used for soup, oxtails en casserole, etc.

Veal: Veal has very little fat, but it should be firm and white, the lean pale pink and much less firm in texture than beef; being closer fibred it is less digestible than beef. This characteristic is true of all immature meats.

Mutton: The lean of mutton is dark, dull red in colour, the fat hard and white.

DIAGRAM SHOWING HOW MUTTON AND LAMB IS CUT



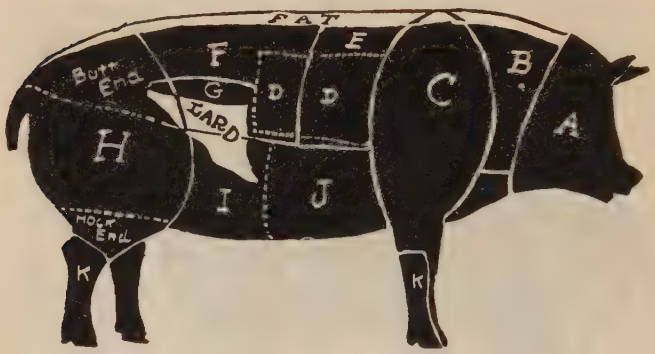
A—Head; meat used for stewing, etc.
B—Neck; used for stewing, casseroles, braising, broths, etc.
C—Shoulder; used for boiling or roasting.
D—Rack; used for rib chops, crown roast, etc.
H—Breast; used in casseroles, stews, and for stuffing and roasting.
E—Loin; used for loin chops, roasting, broiling, etc.
F—Leg; used for roasting, boiling, braising, and for lamb chops.
G—Flank; used for stewing, casseroling, jellied lamb, etc.
I—Shin; used for stewing, lamb pies, lamb stock, etc.
The figures 1 and 2 show how the creature is separated.

Lamb: The fat of lamb is about the same texture as that of mutton, but the lean is somewhat lighter in colour.

One can judge whether lamb and veal are really quite young by the appearance of the bones which, when cut or chopped through, are semi-porous and pinkish in tone, the bone of the more mature meats being white and brittle.

Pork: The lean of pork is slightly pink, the fat white and less firm than that of beef or mutton. The bone is also the tell-tale indicator of age or youth.

DIAGRAM SHOWING HOW PORK IS CUT



A—Head; used for head cheese, corning, etc.
B—Neck; used for roasting, pork pie, etc.
C—Shoulder; used for fresh roasts, smoked ham, pork potpie, etc.
J—Breast; used for salt pork.
I—Flank; used for salt pork or smoked bacon.
E—Loin; used for roasts, chops, steaks, etc.
F—Loin; used for roasts, chops, steaks, etc.
H—Ham—butt end; hock end.
G—Tenderloin; roasts, cutlets, stewed tenderloins, fried tenderloin, etc.
D—Chops, spareribs.
K—Feet; boiled, pickled, etc.
Lard; clear fat; used for making lard. Clear fat is also obtained throughout the back.

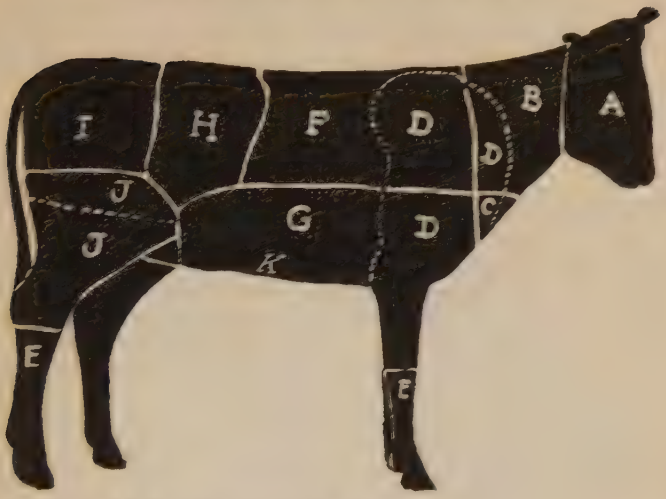
Purchasing Meats

The question of buying meats often proves troublesome, especially to young housekeepers. First of all, make friends with the butcher and he will be glad to explain the various cuts and can often tell you how to use them to the best advantage.

The diagrams show how the various animals are cut and the methods of cooking best suited to each. A good general rule to follow is that where time must be economized money must be spent. With an abundance of cooking time at one's disposal the cash expenditure may be correspondingly reduced, for the cheaper cuts of meat are those which need longer cooking, the costliest are those at their best when cooked quickly.

Keeping in mind that the tenderest portions are those near

DIAGRAM SHOWING HOW VEAL IS CUT



A—Head; used for braised calves' head, jelly, etc.
B—Neck; used for stews, casseroles, fricassees, pies, etc.
D—Shoulder; used for roasting, braising, potpies, etc.
F—Ribs; used for roasts, chops, etc.
G—Breast; used for roasting, braising, potpies, etc., with or without stuffing and for pies and casseroles.
H—Loin; used for roasts, chops, veal steaks, etc.
J—Leg; used for cutlets, roasts, fillet, pot roasts, etc.
E—Knuckle; used for stews, soup, stews.
I—Rump; used for steak, roasts, casseroles, potpies, etc.
K—Flank; used for veal pies, jellied veal, stews, soups, etc.
C—Stewing piece; used for stews, casseroles, veal pies, etc.

the centre of the body on either side of the backbone, and that the farther one gets away from these portions the coarser the meat, one has a good general or basic rule to work from. Unfortunately many seem to think that animals are made up of steaks, chops, and roasts, and because of the universal demand for these the price of meat remains high. If we could strike an average and make greater use of what are mistakenly thought to be the poorer cuts, prices would steadily be reduced.

It is the old law of supply and demand. Do not have the erroneous idea that the round, flank, and shoulder are less

nutritive; that is not so: they simply require different treatment; they are rich in food value and just as juicy and appetizing as the highest-priced cuts provided they are properly treated, and by "properly" is meant cooked slowly and seasoned carefully.

GENERAL METHODS OF COOKING MEAT

Broiling

Broiling signifies cooking over a clear coal or wood fire or in the broiling compartment of the gas or electric stove. Where meat is to be broiled over an open fire a wire broiler having two sides hinged together is generally used, the meat placed between the wires; it can readily be turned over to cook both sides of the meat evenly without handling. The broiler wires should be rubbed with a small piece of fat before the meat is put in, and the cooking must be done quickly, the cut surfaces of the meat being seared or browned at once over the glowing coals to retain the juices. If turned every little while, none of the rich gravy need be lost. The meat should be seasoned with salt and pepper on both sides when half done, a little butter or table sauce being poured over it after the cooking is completed, to given additional flavour.

If broiling in a gas or electric range, the wire broiler which is a part of the range equipment should be heated, rubbed with fat as the open-fire broiler, the meat placed on it close to the heat, cooked for a moment, then turned quickly so as to sear the cut surfaces. The broiler pan will catch any drippings.

In any form of broiling after the surface is browned, the meat may be moved a little farther away from the heat to cook it evenly to the centre without charring the surface.

When done the meat should present a slightly puffy appearance because of the heated, distended juices. The length of time depends upon the thickness of the meat; from seven to eight minutes is enough for chops or a steak cut medium thick. Ham, fresh or smoked, takes about fifteen minutes.

This same broiling process may be used for round or flank steak, first pounded to break up the fibres, or which has been allowed to stand for a few hours with a generous basting of

salad oil and a few drops of vinegar; the oil enriches the meat while the vinegar softens the tough fibres.

Pan-broiling

Pan-broiling must be adopted when a kerosene stove is used or when the bed of coals is not right for plain broiling. For this process heat a heavy frying pan smoking hot, but *do not put in any fat*, lay in the meat, turn at once to sear the other side, and repeat often until done, allowing the same length of time as for broiling.

Meats suitable for broiling or pan-broiling are:

Beef: Porterhouse steak, sirloin, hamburg, club, tenderloin.
Lamb: Loin chops, neck chops, leg.
Pork: Tenderloin, chops.
Veal: Cutlet, chops.

Roasting

Roasting, like broiling, is carried on by the application of dry heat. Some ranges have one oven in which all baking and roasting must be done, others have both a baking and a roasting oven, the difference being one of ventilation.

As in broiling, the heat must be intense during the first few minutes of cooking in order to close the pores and retain the juices. The temperature of the oven for the first fifteen minutes should be 400 degrees, but it may be reduced to 375 or even 350 degrees after that time. Meat may be cooked in an open pan or in a double roaster, the advantage of the roaster being that no basting is required; but meat is more savoury when cooked in an open pan and basted frequently with the fat which exudes from it.

The roast being prepared should be dusted with flour after placing in the roasting pan, this flour helping to brown the meat and to thicken and colour the gravy. The seasoning should be added when the meat is partly cooked. If the meat is very lean a little extra fat may be put into the roasting pan for basting and, if desired, a little hot water may also be placed in the pan with the fat.

Rolled Roasts *Versus* Standing Roasts

The rolled roast has one distinct advantage—it is easier to serve, for the bone has been removed and the meat skewered

and tied into compact shape. In a standing roast the meat is trimmed evenly and the bone left in. If a rolled roast is bought be sure to have the bones and trimmings sent home for the stock pot—the same price was paid for them as for the solid meat and they should be utilized.

Any beef roast may be boned if desired.

A leg of lamb is rarely, if ever, boned, but the shoulder often is, the space from which the bone is taken being filled with a savoury dressing or forcemeat. Shoulder of veal, when used for roasting, is usually boned, the cavity here also being filled with forcemeat or dressing. The bone is sometimes removed from a leg of pork, but is not usually replaced with stuffing, merely tied compactly into shape before being cooked.

Meats suitable for roasting are:

Beef: Chuck ribs, ribs, tip of sirloin.
Lamb: Leg, crown roast (ribs), shoulder.
Pork: Loin, shoulder.
Veal: Loin, shoulder.

Roast Beef (Chuck, Ribs, Tip of Sirloin)

Observe the general directions for roasting adding, forty-five minutes before done, white or sweet potatoes; make the gravy as directed, and serve garnished with parsley.

Roast Lamb or Mutton (Leg, Crown Roast, Stuffed Shoulder)

Prepare according to general directions. Make the gravy, and serve with a garnish of cress or mint. If desired, a few slices of onion or garlic may be placed on the meat while roasting.

Roast Pork (Loin, Shoulder)

Prepare the roast according to general directions. Place a few slices of onion in the pan, or use tomato juice for basting. Make brown or tomato gravy and serve with a garnish of plain baked apples, apples baked with the roast, broiled apple rings, or white or sweet potatoes, franconia style.

Roast Veal (Loin, Shoulder)

Prepare the roast according to general directions, adding a few slices of onion, if desired. Use any stuffing for meats.

Make brown or tomato gravy; serve with a garnish of parsley and baked stuffed onions, stuffed tomatoes, or stuffed green peppers.

Roasting Time Table

Beef: Rare—fifteen minutes to the pound and fifteen minutes over.
Medium—twenty minutes to the pound and twenty minutes over.
Lamb or mutton should always be well cooked—twenty minutes to the pound and twenty minutes over.
Veal should always be well cooked—twenty minutes to the pound and twenty minutes over.
Pork should always be well cooked—twenty minutes to the pound and twenty minutes over.

The expression "over" in common use may seem a little puzzling. That additional twenty minutes is allowed to give time for the meat to be heated through before much actual cooking takes place. If the meat has been kept overnight in the refrigerator and is extremely cold, an additional five minutes' cooking should be added, as that length of time will be needed to bring the temperature back to normal.

All immature meats should be thoroughly cooked, and after the first searing the heat of the oven may be lowered.

It will be necessary to add fat to the pan in which veal is cooked, to have sufficient to baste it. Drippings, a little fat pork, or bacon rind are all good for this purpose.

Pot Roasting

Pot roasting is very different from boiling. The term usually suggests beef, but lamb or mutton, veal, chicken, or fowl may be prepared by this method. Whatever the meat, it must first be browned all over in fat. This may be done in the deep heavy kettle in which it is to be cooked. After browning, a few diced vegetables, as onion and carrot, should be put in with salt, pepper, and water to cover the meat one fourth. Then allow to simmer until tender. It is absolutely necessary that the meat be closely covered. The cookery must be long and slow, about five hours for five pounds of meat.

Meats suitable for pot roasting are:

Beef: Chuck ribs, shoulder, brisket, top and bottom round, aitch bone, rump.

Veal: shoulder, leg.
Lamb or Mutton: Shoulder.

Boiling

Boiling is cooking in water or stock. The liquid should be boiling hard when the meat is plunged into it and should be sufficient in quantity to half cover it. The lid should then be put in place, and if it does not fit tight, should be weighted down and the kettle placed over a slow heat so that the meat will merely simmer. It should be salted when half done, if fresh meat like chicken, beef, or lamb is used. The vegetables for the meal may be prepared, set in a steamer over the simmering meat, and be cooked by the same heat medium and by the same fuel expenditure.

The liquor from the boiled meat should be used as the basis for a soup, the medium in which to cook rice for Italian risotto, or should be saved for combination with left-over meats. All fat should be removed from the liquor after solidification and may be tried out and used for cooking.

Meats suitable for boiling are:
Beef: Chuck ribs, brisket, round.
Corned Beef: Brisket, rump, round, rattlerand, aitch bone.
Lamb: Neck, leg, shoulder.
Smoked Meats: Tongue, ham, bacon, tenderloins.
Smoked Pork: Shoulder.

Time for Boiling

Fresh meats should be put into boiling water, and although the process is called "boiling" they should never be allowed to boil but merely to simmer—that is, the temperature should not be more than 186° F.

Corned and salt meats should be placed in cold water brought slowly to boiling point; if the water seems too salt, pour it off and add fresh cold water; otherwise simmer as for fresh meats, allowing approximately the same length of time.

The length of time required for boiling depends on the meat being cooked. A thin meat like brisket will naturally cook more quickly, weight for weight, than a thick solid piece of rump. For thin cuts, half an hour to each pound should be allowed; for thick cuts three quarters to one hour to each pound.

Stewing

Stewing is the process of cooking by gentle heat in a small quantity of liquid which is later served as gravy. The essential difference between boiling and stewing is that in the latter process the temperature should never actually reach boiling point (212 degrees F.), the process being one of gentle simmering. Stewing is a slower process than boiling and in many respects is one of the best methods of preparing meat, especially the coarser varieties, for the long-continued gentle heat has the effect of making tender the coarser cuts that would be unpalatable if prepared by any other method. Then, too, stewing is an economical process, economical in the amount of fuel used, as well as in the quality of the foods which may be prepared in this way. There are great possibilities in the matter of seasonings and flavourings, and stewing is one of the best means of using left-overs. A still further economical advantage is the possibility of extending either fresh or left-over meat by the addition of various vegetables or cereals, as rice and macaroni. The one great principle to be remembered is that the food must not be allowed to boil as this would cause it to become tough and shrivelled.

For a brown stew both the meat and vegetables should be slightly fried before adding the water. This is done for a double purpose, first to sear the meat surface and retain as much as possible of the nutritive juices, and second to give a rich brown gravy.

Variations of a stew are ragoût, haricot, and salmi. Literally speaking, a ragoût indicates a high flavour given by the use of stock in place of water and the addition in the old days of wine—in the present day of a commercial substitute.

A haricot indicates the addition of vegetables cut small and cooked with the meat. A salmi is a rich stew of game. A stew, to most of us, means meat cooked in water or gravy, white or brown, and with or without the addition of vegetables or dumplings.

Remember that greasiness is not richness; excess fat should be removed from meat which is to be stewed and later tried out to save the drippings.

Meat used for any variety of stew should be cut into small

pieces and any bits of splintered bone should be removed when preparing the meat for cooking.

Meats suitable for stewing are:

Beef: Neck, flank, shank, shin, top and bottom round, rump.
Veal: Neck, shoulder, breast, knuckle, flank, sticking piece.
Lamb: Neck, shoulder, breast, shin, flank.

Braising

This process is cooking slowly in a stew pan, closely covered to prevent evaporation, so that the meat retains both its own juices and those of any other flavours such as bacon, savoury herbs, and spices with which it is cooked.

Planking

Planked dishes sound festive, and we are apt to connect them with high-class restaurants, feeling that they are too elaborate for home preparation. That, however, is a mistake, and there is no reason why planked meats and fish should not be served at home—just the same meat, just the same vegetables are used as in ordinary broiling and ordinary vegetable cookery. They are all served together on the plank, which is a decided economy in serving dishes.

For full details as to the care of the plank see The Planking of Fish.

Frying Meats

See section on Fried Foods.

Fricasseeing

This is a combination of boiling and stewing. Two kinds of fricassee may be made—white and brown, the meat for the former being cooked without preliminary browning, for the latter it is well browned in fat, with or without onion.

A fricassee is much thicker than a stew, and should be cooked at simmering point. The general principles given under stewing may be applied to fricasseeing.

Meats suitable for fricasseeing are chicken, fowl, lamb, veal, and duck.

Chicken Fricassee

Prepare the chicken as directed. When cleaned, disjoint as follows: Separate the legs at the second joints, then at the

first; cut off and disjoint the wings, separate the breast from the back—follow the line of the least resistance; divide the back in four pieces and the breast in four, if large.

White Chicken Fricassee

Wash the prepared meat, add an onion sliced and a clove and barely cover with boiling water containing a teaspoonful of salt and one-eighth teaspoonful pepper to the quart. Simmer, closely covered, from one to one and one-half hours for chicken, and three to four hours for fowl. Remove from the stock, make a gravy as directed, surround the chicken with boiled rice, pour over the gravy, and garnish, if desired, with hard-cooked chopped egg and parsley. The rice may be cooked in part of the chicken stock, if sufficient is removed twenty minutes before the chicken is done.

Brown Chicken Fricassee

Follow the directions given for white chicken fricassee, first browning the chicken in one-fourth cupful of savoury drippings.

Chicken Tomato Fricassee

Brown the chicken with the drippings and proceed as in white chicken fricassee, using equal parts of canned tomatoes and water.

Fricassee of Lamb

Select neck or breast of lamb, cut it in good-sized pieces, and use instead of chicken, following any of the recipes for chicken fricassee.

Fricassee of Veal

Purchase breast or knuckle of veal, cut in good-sized pieces, and use instead of chicken, following any of the recipes for chicken fricassee.

Salmi of Wild Duck

Clean and disjoint the duck, brown with a minced onion in one-fourth cupful of savoury drippings. Add boiling water barely to cover and simmer until tender, about two hours. Add a cupful of mushrooms diced, season to taste

with salt and pepper and gravy spice, and thicken with one tablespoonful of flour mixed in a little cold water to each cupful of liquid. Serve with boiled brown rice. Ducklings may be used.

Meat Cooked en Casserole

Any meat may be cooked en casserole. This type of cooking is especially adaptable to the cheaper cuts, which need long, slow cooking to make them tender.

A casserole may be described as a baked stew. The time of cookery varies with the type of meat—the cheaper cuts need from three to four hours, more tender meats one and one half to two hours.

Vegetables, rice, macaroni, or spaghetti are added to meats in casserole cooking, extending them so that it is really a one-dish meal.

Meats suitable for casserole are:

Beef: neck, flank, top and bottom round.

Veal: neck, shoulder, breast, flank, sticking piece.

Lamb: neck, shoulder, breast, shin, flank.

Browned Casserole

(To be made of beef, veal, or lamb)

2½ pounds meat, any inexpensive cut
4 onions
3 carrots
½ cupful rice
¼ teaspoonful gravy spice
2 teaspoonfuls salt
¼ teaspoonful pepper
Boiling water

Cut the meat in medium-sized pieces, brown in savoury drippings with the onion, then put in the casserole with the carrots, rice, and seasonings. Add a cupful of tomato if desired, cover with boiling water, put on the lid, bake gently about three hours in a slow oven, 325 to 350 degrees F.

White Casserole

(For chicken, lamb, or veal)

3 pounds meat
2 green peppers, minced
1½ cupfuls spaghetti, broken
2 onions, minced
2 teaspoonfuls salt
½ teaspoonful pepper
1 tablespoonful minced parsley
Boiling water
½ cupful undiluted evaporated milk (optional)

If using chicken, prepare as for fricassee. Combine the ingredients in a casserole, pour in the water, cover, and bake

slowly in an oven at 325 to 350 degrees F. Then add the evaporated milk or use cream.

Meat Pies

These may be made of any stewed meat—chicken, lamb, veal, or beef—inexpensive cuts being suitable.

Allow sufficient meat and gravy for a two-quart dish and a cupful of cubed raw potatoes or potato balls, one-half cupful of diced carrots, some mushrooms, if desired; heat to boiling, place in the dish, cover with a biscuit crust, and bake in a moderate oven—350 degrees F.—about thirty-five minutes.

Biscuit Crust

Prepare the mixture for plain or entire-wheat baking-powder biscuits, roll one-fourth inch thick, then spread with an extra tablespoonful of creamed butter, fold over, press the edges together, and roll one-half inch thick; cut into biscuits and place, scarcely touching, on the boiling pie mixture.

Gravy

Pan Gravy

This is made from drippings remaining in the pan after meats have been roasted, broiled, or pan-broiled. Add a little butter and two or three tablespoonfuls of boiling water to two tablespoonfuls of drippings.

Thickened Gravy

This is also made with a base left from the drippings of broiled, roast, or baked meats. As the drippings are liable to be very fat, especially those from lamb or mutton, pour off the fat except two tablespoonfuls—it will be easy to do this because it is lighter than the meat essence. Scrape up all the brown particles in the bottom of the pan; if flour has been added, it will be necessary to add but little more in making the gravy—one-half tablespoonful to each cupful of liquid is used, but if flour has not already been added, a tablespoonful of flour for each cupful of liquid can be used.

Blend the flour and drippings, stir in the liquid, which may be boiling water or stock, season to taste with salt and pepper, and stir constantly until it boils all over.

Gravy from Stock

This is used when meat has been boiled, braised, or pot-roasted when all of the gravy has been used and more is needed to serve with reheated meat the next day.

Rub together a scant tablespoonful of butter and one and one-half tablespoonfuls of flour, stir into one and one-fourth cupfuls of boiling stock, any kind, and boil.

Giblet Gravy

This is used with chicken or turkey. Make as ordinary gravy, adding the giblets, chopped fine.

Brown Sauce

This may be used in place of gravy with dark-coloured meats; Béchamel sauce may replace it with light-coloured meats.

Tomato Gravy

Pour from the pan all the fat except two tablespoonfuls. Sprinkle into the pan two tablespoonfuls of flour and stir it with the fat until slightly browned. Add one cupful of stewed sifted tomato and one cupful of water, stir until boiling, cook five minutes, season rather highly with salt and pepper, and strain.

To Colour Gravy

Add a little caramel or Kitchen Bouquet.

To Season Gravy

See suggestions in Good Seasoning and Flavouring.

MEAT STUFFINGS

Many meats and all poultry may be extended by the use of the right stuffing, adding quantity, interest, and reducing cost. Amounts given are for birds from five to eight pounds.

Potato Stuffing

3 cupfuls hot mashed potato
1 cupful stale bread crumbs
½ cupful fat salt pork or bacon fat
1 minced onion
1 teaspoonful poultry dressing
1½ teaspoonfuls salt
¼ teaspoonful pepper
1 egg

Have the potatoes freshly boiled, mash until smooth, add the other ingredients, and beat together. Set aside until cold before using as a stuffing for duck or goose.

Sage-and-Onion Stuffing

6 large onions
1 tablespoonful powdered sage
½ teaspoonful poultry dressing
1½ teaspoonfuls salt
¼ teaspoonful pepper
2 cupfuls soaked bread

Peel the onions, boil them until tender, then chop fine. Add the sage, poultry dressing, salt, pepper, and bread which has been soaked one hour in cold water then squeezed dry. Mix thoroughly and use as a stuffing for duck, planked steak, goose, or roast pork.

Giblet Stuffing

2 cupfuls soaked stale bread
2 minced onions
2 minced apples
1 teaspoonful poultry dressing
1 set giblets
⅔ teaspoonful salt
¼ teaspoonful pepper

Squeeze the bread quite dry, add the minced onion, apple, the poultry dressing, seasoning, and giblets which consist of the heart, liver, and gizzard, these having been simmered in water until tender, then chopped.

Egg-Bread Stuffing

4 thick slices stale bread
1 teaspoonful salt
¼ teaspoonful pepper
1 egg
Grated rind ½ lemon
1 teaspoonful poultry seasoning
1 tablespoonful chopped parsley

Soak the bread in cold water until soft, squeeze and press out the water. Add the seasonings and moisten with the egg. Use as a stuffing for meat which is to be baked or roasted.

Oyster Stuffing

Follow the preceding recipe adding a half pint of halved washed oysters. Use with turkey.

Corn Dressing

1 cupful canned or dried and stewed corn
2 cupfuls crumbled stale bread
2 tablespoonfuls butter or a substitute
1 teaspoonful salt
¼ teaspoonful pepper
1 teaspoonful minced parsley
1 tablespoonful scraped onion (optional)
1 teaspoonful poultry seasoning (optional)

Heat the corn with the butter or substitute and the seasonings. Add the bread and stir until well mixed. Use with any meat.

Nut Stuffing

½ cupful chopped nuts
1½ cupfuls bread crumbs
1 tablespoonful minced parsley
1 tablespoonful minced onion
⅔ teaspoonful salt
⅙ teaspoonful pepper
Egg or milk to moisten

Chop the nuts (peanuts, English walnuts, or pecans, etc.) and add to the crumbs with the parsley, onion, salt, and pepper. Moisten with the egg or milk and use as a stuffing for chicken. If used for turkey, double the quantity.

Celery Stuffing

Substitute a cupful of chopped celery for the nuts. Use with any meat.

Chestnut Dressing for Turkey

1 pound chestnuts
¼ cupful butter or a substitute
1 teaspoonful salt
¼ teaspoonful pepper
2 cupfuls mashed white or sweet potato, or bread crumbs
1 teaspoonful minced parsley
Grated rind and juice of 1 lemon

Cut each chestnut, pour a tablespoonful of oil over the nuts and set them in a hot oven for five minutes, after which the shell and inner skin may be removed together. Cook the prepared nuts in boiling salted water until tender, drain, and mash. Add the potato or the bread crumbs if these are used, the various seasonings, and the butter or butter substitute melted.

If a moist dressing is desired, add a little stock or milk, the amount varying according to whether potato or crumbs are used.

Apple Stuffing for Roast Goose

4 large cooking apples
1½ cupfuls cold boiled rice or
1½ cupfuls bread crumbs
1 teaspoonful poultry seasoning
1 teaspoonful salt
⅛ teaspoonful paprika

Peel and core the apples and cook with just enough water to keep them from burning, until tender but not mushy. Add the remaining ingredients and mix well.

Savoury Pudding

1 cupful flour
$\frac{2}{3}$ teaspoonful salt
$\frac{1}{6}$ teaspoonful pepper
2 eggs
$\frac{2}{3}$ cupful milk
3 medium-sized onions
1 teaspoonful sage

Sift the flour, salt, and pepper, add the eggs slightly beaten, the milk, and beat. Peel, boil, and chop the onions and add with the sage to the batter. Turn into a well-oiled dish and bake in a moderate oven—350 degrees F.—for three quarters of an hour. Serve as an accompaniment to roast pork, duck, or beef. This pudding takes the place of stuffing.

BEEF SPECIALS

Short Ribs of Beef en Casserole

The short ribs of beef comprise the fat end of a rib or porterhouse roast. They make a delicious casserole, but on account of being tougher and fatter than the heavy portion of the roast are often wasted when cooked with it; so when buying a rib roast have the butcher cut off the lower portion and hang it for a day or two; then have it sent home later for a separate dish.

3 short ribs of beef
1 teaspoonful dry mustard
1 tablespoonful flour
1 sliced onion
2 tablespoonfuls vinegar
2 cupfuls stock
1 teaspoonful salt
$\frac{1}{8}$ teaspoonful pepper
Potatoes

Rub the meat with the mustard, flour, salt, pepper, and vinegar mixed together. Place in a casserole and set aside one hour before cooking. Slice the onion, place it on the meat, pour the stock around, and cover. Bake in a moderate oven—350 degrees F.—for two and one-half hours, putting peeled potatoes around the meat in the casserole after it has cooked for one hour. During the last half hour remove the cover that the surface of both meat and potatoes may be browned.

Minced Beef Casserole

$\frac{1}{2}$ pound macaroni, boiled
3 cupfuls canned tomato
$\frac{3}{4}$ pound minced beef, uncooked
2 minced onions
2 tablespoonfuls minced green pepper
1 teaspoonful sugar
1 teaspoonful salt
$\frac{1}{4}$ teaspoonful pepper
1 cupful grated American or Parmesan cheese

Stir the salt, pepper, onion, green pepper, and sugar into the tomato, which should be solid and without much juice. Thoroughly oil a baking dish, put in a layer of the macaroni, then one of the tomato mixture, then a thin layer of meat. Sprinkle over a little cheese and continue until all the ingredients are used. Cover with the remaining cheese—there should be about half a cupful—and bake in a moderate oven—350 degrees F.—for one hour. If the meat is very lean, two tablespoonfuls of melted meat drippings or bacon or sausage fat may be stirred into the tomatoes.

Veal Casserole

Substitute veal for the beef in the above recipe and add one-half teaspoonful of grated lemon rind to the seasonings. A little minced bacon or ham fat may be added to the veal if desired, as this meat is especially lean.

Pork Casserole

Substitute pork for the beef and add two-thirds teaspoonful of minced sage to the seasonings.

Savoury Flank Steak, en Casserole

About 2 pounds flank steak
1 cupful stale bread crumbs
1 tablespoonful minced onion
1 tablespoonful chopped parsley
1 teaspoonful salt
⅓ teaspoonful pepper
⅓ cupful diced bacon or fat salt pork
1½ cupfuls water or stock
2 tablespoonfuls drippings

Mix the crumbs, onion, parsley, seasonings, and diced bacon or salt pork and spread over the steak. Roll up and tie firmly; cook in the drippings until the surface is browned. Transfer to a casserole and pour the water or stock around. Bake in a moderate oven—350–375 degrees F.—about one and one half to two hours. Thicken the gravy in the casserole with a tablespoonful each of butter and flour rubbed together, and add one tablespoonful of Worcestershire sauce, if desired.

Minute Steak au Plat, Maître d'Hôtel

Very thin porterhouse or sirloin steak
Potatoes
Broiled mushrooms
Maître d'hôtel butter

A "minute steak," as its name implies, is very thin, and can almost be cooked in a minute. It may be broiled or pan-broiled and is usually served as the main part of a one-plate meal—that is, when meat and vegetables are served from the kitchen on partitioned plates for quick and easy service, the meat with its sauce in one section, the various vegetables in the depressions of the plate which are planned for them.

After the steak is cooked put on it a generous pat of maître-d'hôtel butter. The potatoes may be parsley potatoes, or they may be parboiled then sautéd in fat to brown, or they may be French fried or potato croquettes may be used. If it is not convenient to serve mushrooms, substitute carrots and peas cooked together, creamed cauliflower, well-seasoned string beans, or small stuffed tomatoes.

Planked Steak

Porterhouse or sirloin steak, 1½ to 2 inches thick
Duchesse potatoes
Stuffed peppers or tomatoes
Onion rings
Mushrooms (optional)

Wipe the steak, remove any superfluous fat, and broil or pan-broil it for about eight minutes. Season the steak on both sides, then lay on a plank, thoroughly heated, put a border of duchesse potatoes round the edge of the plank by means of a pastry tube and bag, and place in a moderate oven—350 degrees F.—for ten minutes to brown the potatoes and finish cooking the steak. Garnish with small stuffed peppers or tomatoes, onion rings, and mushrooms, if used. Put maître-d'hôtel butter on top of the steak just before serving.

Hamburg Steak

1½ pounds chopped beef
1 cupful soft bread crumbs
1 teaspoonful onion juice
1 teaspoonful salt
¼ teaspoonful paprika
1 egg (optional)

Top or bottom round is best for Hamburg steak. It may be chopped by the butcher or passed through the food chopper at home. If very lean a little fat salt pork may be added. Mix with the seasonings and form into one flat cake three quarters of an inch thick. Broil quickly on each side for two minutes to brown the surface; then reduce the heat and cook more slowly for six or seven minutes. Serve with brown, horseradish, or tomato sauce.

Individual Hamburg Steaks

Prepare the meat as directed and form into flat cakes using one-half cupful of meat for each.

Hamburg Steak with Onion Rings

Omit the onion in the seasonings and serve with well-fried onion rings as a garnish.

Savoury Hamburg Steak

Add a teaspoonful of poultry dressing to each one and one-half pounds of Hamburg steak.

Hamburg Loaf

Prepare the meat as for Hamburg steak, turn into a square pan which has been oiled and thickly sprinkled with bread crumbs. Lay slices of bacon on top so the fat will run through, bake one hour in a moderately hot oven—350–375 degrees F.—and serve hot with sauce or gravy, or leave in the pan until cold, then cut into thin slices and serve with salad.

Fillet of Beef

1 fillet of beef — Salt pork or bacon
Salt — Pepper
Mushroom sauce or brown sauce

The fillet is the tenderloin of beef under the loin and is really the solid tender part sold with porterhouse steak. It corresponds to the tenderloin of pork in the pig and commands the highest price of any cut of beef. Being very lean it must either be larded or rolled in a thin slice of beef fat or thin strips of bacon or salt pork; it is then either roasted or broiled and served with a rich brown sauce or with mushroom sauce.

If preferred, the fillet may be cooked as directed for fresh pork tenderloin.

Filet Mignon

Broil diced fillet of beef and serve with Béarnaise or Bordelaise sauce.

Stuffed Beef Roll

1 large thin slice top sirloin or round of beef
1½ cupfuls cooked rice
Grated rind of ½ lemon
1 teaspoonful poultry seasoning
2 cupfuls water, stock, or canned tomato
1 minced onion
1 teaspoonful salt
¼ teaspoonful pepper
1 tablespoonful minced parsley
2 tablespoonfuls bacon fat or drippings

Mix the rice and seasonings, spread these over the steak, then roll like a very thick jelly roll and tie firmly. Sprinkle with flour and brown the meat all over in the drippings. Place in a baking dish, add the water, stock, or canned tomato, cover closely, and bake two hours in a slow oven—325 degrees F.—thickening the gravy before serving.

If desired, stale bread crumbs, mashed potato, or cooked macaroni may be substituted for the rice in the stuffing.

Chili Con Carne

2 pounds beef
4 tablespoonfuls drippings or bacon fat
1 large onion, minced
1 clove garlic (optional)
2 teaspoonfuls salt
1 teaspoonful pepper
3 cupfuls boiling water or stock
2 tablespoonfuls chili powder
Boiled rice

Cut the meat into three-quarter-inch cubes; be sure that there is a little fat with the lean. Heat the drippings and cook the onion and garlic (if used) in it until they begin to yellow. Add the meat, salt, and pepper and cook, stirring in the fat for five minutes. Add the water or stock and the chili powder, cover, and simmer until the meat is tender. Serve with boiled rice.

Beef Pot Roast

5 pounds beef for pot roast
2 tablespoonfuls flour
1½ teaspoonfuls salt
½ teaspoonful pepper
3 tablespoonfuls melted fat
1 onion
3 cloves
1 quart water

Wipe the meat and roll in the flour with the salt and pepper mixed. Melt and heat the fat in a heavy kettle, put in the meat and brown on all sides. Add the water (boiling) and the onion in which the cloves have been stuck. Cover closely, reduce the heat so that the water in the pan only simmers, and cook from four to five hours.

Tomato Pot Roast

Substitute one three-pound can of tomatoes and two cupfuls of water for the water in the above recipe.

Pot Roast with Vegetables

Add an additional two cupfuls of liquid to the above recipe, and when the meat is half done, add carrots, turnips, onions, and potatoes—any or all—cooking them in the gravy and serving as a garnish and accompaniment to the meat.

Lamb Pot Roast

Substitute lamb (see table of Meats suitable for Pot Roasting) for the beef and cook small white turnips in the gravy with the pot roast.

Veal Pot Roast

Substitute veal (see table of Meats suitable for Pot Roasting) for the beef and use the Tomato Pot Roast recipe. Serve with parsnips and garnish with cut lemon.

Beef Stew with Dumplings

3 pounds round, shin, or rump of beef
2 tablespoonfuls flour
3 tablespoonfuls drippings
3 medium-sized onions
2 medium-sized carrots
1 bay leaf
1½ teaspoonfuls salt
⅛ teaspoonful pepper
3 pints water or stock

Cut the meat into medium-sized pieces, roll each in the flour and brown in the drippings with the onion. Add the water or stock, and when boiling reduce the heat so the stew simmers. Add the bay leaf and cook half an hour, then add the carrots, diced crosswise, the salt and pepper, and cook until meat and vegetables are tender—about one hour. Add the dumplings (see section on Quick Breads) and cook closely covered for twenty minutes. Serve with the meat in the centre of the platter, the carrots and dumplings round the outer edge.

Beefsteak Pie

2 pounds round steak or top sirloin
2 tablespoonfuls flour
1⅓ teaspoonfuls salt
½ teaspoonful pepper
3 or 4 cloves or 2 slices onion, minced
1½ cupfuls water
Flaky pastry

Cut the meat into thin slices. Mix the flour, salt, and pepper on a plate and roll each slice of meat in the mixture. Put a small piece of fat on each, roll up, and place in a deep dish; sprinkle with the onion or add the cloves. Add the water, cover, and bake in a moderate oven—350 degrees F.—for one and one-half hours or until the meat is tender, then cover with flaky pie crust and bake half an hour longer.

Beefsteak Pudding

2 cupfuls flour
⅔ teaspoonful salt
1½ teaspoonfuls baking powder
⅔ cupful chopped suet
Cold water to moisten
1½ pounds steak
A little diced kidney (optional)
2 tablespoonfuls flour
¾ teaspoonful salt
¼ teaspoonful pepper
1 cupful cold water

Sift together the flour, salt, and baking powder, stir in the suet, and mix with the cold water. Roll thin on a floured board and line a large oiled bowl. Cut the steak into small pieces and roll each in the flour, salt and pepper, blended. Lay the meat inside the crust-lined bowl with the kidney, if used. Add water, fold that part of the crust which overlaps the bowl over the meat to inclose it completely. Steam three hours, turn on to a platter, cut a little hole in the crust, and pour in a cupful of boiling water to make additional gravy.

Varying Beefsteak Pudding

One finely sliced onion, a few mushrooms, or oysters may be added to the meat, if desired.

To Boil Corned Beef

If the meat is solid and thick allow half an hour to each pound. Put the meat into cold water, bring slowly to boiling point, and skim. If the water is very salt discard it, add fresh, and bring slowly to boiling point again; then simmer until tender. If to be served hot, carrots, turnips, or cabbage may be cooked in the liquor with the meat or boiled separately and served with it. If not to be cut until cold, allow the beef to cool in the liquid in which it was cooked as this will make it more juicy.

Pressed Corned Beef

Prepare as for plain corned beef, put between two plates while hot with a weight on the upper plate so as to press it into a solid shape.

Spiced Corned Beef

Add one-half cupful of mixed pickling spices tied in a square of cheesecloth to the water in which the corned beef is cooked to add flavour to the meat, which is usually served cold pressed as directed above.

Creamed Dried Beef

2 cupfuls dried beef
2 cupfuls white sauce
$\frac{1}{6}$ teaspoonful pepper or paprika

Remove skin and fibre from the beef. If very salt scald in boiling water, then drain. Add the meat to the white sauce, heat, add the pepper, and serve on toast or with a border of steamed rice or mashed potato.

Frizzled Dried Beef

2 cupfuls dried beef
Boiling water
3 tablespoonfuls butter
Pepper

Remove any skin and fibre from the beef, then pour boiling water over it. Drain and cook until crisp in the butter, melted in a frying pan. Season with pepper and serve plain or with an accompaniment of scrambled eggs.

Beef à la Mode

5 pounds of round or fresh brisket of beef
$\frac{3}{4}$ cupful vinegar
$1\frac{3}{4}$ tablespoonfuls salt
$3\frac{1}{4}$ cupfuls water
$\frac{1}{2}$ tablespoonful pickle spice
2 teaspoonfuls poultry seasoning
1 small onion, sliced
1 small carrot, sliced
2 slices lemon

Combine the water, vinegar, seasonings, lemon, and vegetables, and boil for five minutes, pour over the meat, cover, and put in a cool place for twenty-four hours. Lift out, dust with flour, and brown in savoury drippings.

Place in a deep kettle, pour over the vinegar, add water to

ROAST DUCK, WITH A GARNISH OF SLICED ORANGES AND MINT

A PERFECT "ONE-PIECE" DINNER FOR TWO

Corned beef, cabbage, potatoes, carrots and turnips, coffee cake, fruit and coffee.
Table? Ivory and blue; dishes gold and white—walls French gray—the sun shifting through the rose hips in the copper pitcher

half cover, and simmer for four hours, until the meat is tender.

Make a gravy from the liquid and serve with mashed potato.

Simmered Steak

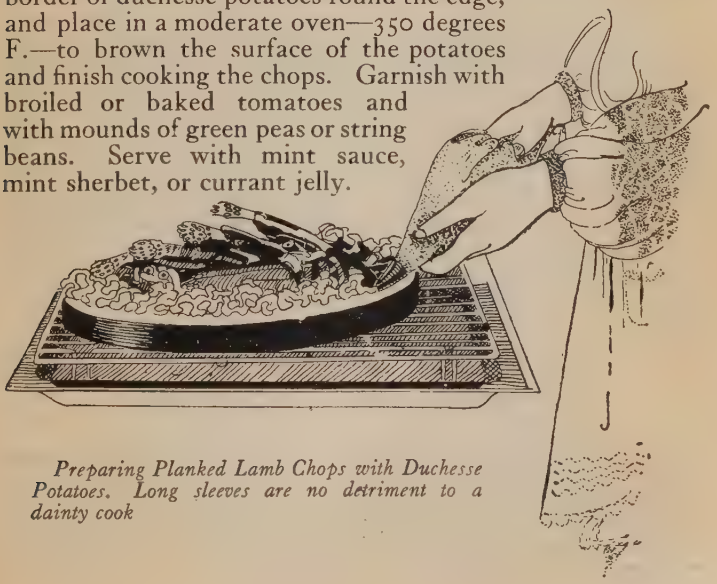
Cut two pounds of round steak a half-inch thick in medium-sized pieces; roll in flour, season with salt and pepper, brown in savoury drippings, with or without sliced onion, barely cover with boiling water and simmer until tender, about two hours.

LAMB AND MUTTON SPECIALS

Planked Lamb Chops

6 loin chops
Duchesse potatoes
Broiled or baked small tomatoes
Green peas or string beans

Broil or pan-broil the chops for five minutes, arrange lengthwise down the centre of a plank, thoroughly heated, put a border of duchesse potatoes round the edge, and place in a moderate oven—350 degrees F.—to brown the surface of the potatoes and finish cooking the chops. Garnish with broiled or baked tomatoes and with mounds of green peas or string beans. Serve with mint sauce, mint sherbet, or currant jelly.



Preparing Planked Lamb Chops with Duchesse Potatoes. Long sleeves are no detriment to a dainty cook

Stuffed Lamb Chops

6 thick rib lamb chops
2 tablespoonfuls butter or a substitute
1 tablespoonful minced onion
¼ cupful chopped mushrooms or 1 tablespoonful minced pepper (green)
1 tablespoonful flour
¼ cupful stock or water with a little vegetable extract
1 teaspoonful minced parsley
⅓ teaspoonful salt
⅙ teaspoonful pepper

Split the chops lengthwise to the bone and sprinkle with salt and pepper. Cook the onion in the butter until it begins to colour, add the mushrooms or peppers, then the flour and stock, and cook until boiling—this makes quite a thick paste. Add the minced parsley, salt and pepper, divide into six portions, and place in the incision of each chop. Fasten together with small wooden toothpicks, broil, and serve with tomato sauce or brown gravy.

Chops in Paper Cases

6 loin, rib, or leg chops
Salt and pepper
Butter

Trim any superfluous fat from the chops and rub on both sides with salt, pepper, and butter. Wrap in sheets of cooking paper (prepared for such use) or in letter paper, and fasten the edges together with metal paper clips. Broil slowly over the fire or under the broiler of the gas range. If carefully handled the paper will not tear or break. When the meat is tender—the same length of time being allowed as for ordinary broiling—remove the paper, put a little butter on top of each chop, and serve quickly.

The cooking in the paper cases retains all the moisture, juices, and flavour in the chops.

English Mutton Chops

Very thick mutton chops
Mutton kidneys
Salt and pepper
Butter

Real English mutton chops are at least two inches thick and a kidney should be allowed for each one. Wrap the thin end of the chop round the kidney and fasten with a skewer, or tie into shape so that the chop and kidney together make a thick round. Broil from ten to fifteen minutes, placing the

chops close to the heat at first to brown the outer surface, turning quickly to brown the other side, then cooking slowly that the meat may be done through without charring. Season, when half done, with salt and pepper, put butter on each chop, and serve with Worcestershire sauce and large baked potatoes.

Crown Roast of Lamb

2 racks of lamb	Salt and pepper
Salt pork	Flour

The rack of lamb consists of the undivided neck chops, and in preparing a crown roast these are Frenched. The chine bone, that is, the flat backbone which runs along the thick end of the chops, is cut off and the two racks thus trimmed are put together and tied with string to form a circle or "crown" with the meat inside.

Place in a roasting pan, put a small thick piece of salt pork on top of each exposed bone to protect it from charring and to baste the meat. To do this cut a gash in each piece of pork with a sharp knife so that it can easily be slipped over the bone. Allow twenty minutes to each pound of meat and have the oven heat at first 400–425 degrees F., reducing after twenty minutes to 350 degrees, that the lamb may cook thoroughly yet not be dry. Baste with the fat in the pan, adding a little more if necessary. Dust the roast with salt, pepper, and flour when half done. Serve with brown gravy, potatoes, peas, or any preferred green vegetable, and with mint sauce or currant jelly.

After the meat is cooked remove the pieces of pork and replace them with cutlet frills. If desired, the trimmings of the chops may be finely minced, added to half the recipe for bread stuffing, and used to fill the cavity of the roast, allowing an additional twenty minutes' time for the cooking.

Crown Roast of Pork

Substitute two racks of pork for the lamb in the above recipe. Proceed in the same way, but if stuffing is used, let it be sage-and-onion stuffing. Serve with gravy, apple sauce, or baked apples, and with plain boiled or mashed potatoes.

Roast Lamb and Spaghetti

1 leg of lamb (5 or 6 pounds)
1 quart can tomatoes
4 medium-sized onions
1 green pepper
Grated cheese
1 small chili pepper (optional)
1 clove garlic
½ pound spaghetti
¼ teaspoonful paprika
1½ teaspoonfuls salt

Begin the roasting as directed, allowing the meat to brown. Chop the onions, green pepper, and garlic fine. Add the tomato and chili pepper, if used, and simmer for twenty minutes. When the lamb is well browned pour the prepared tomato round it and cook for two hours in a slow oven—325–350 degrees F.—basting every fifteen minutes with the sauce. Cook the spaghetti in boiling salted water until tender, drain, and at serving time dish the lamb on a platter, add the sauce from the pan to the spaghetti, mix thoroughly, and serve very hot with grated cheese in a separate dish.

Saddle of Mutton

The saddle of mutton is rarely served but is the choicest part of the sheep for roasting. It consists of the loin, both sides, taking in the entire part of the animal usually cut into loin chops.

Carefully cut away the surface skin containing the oil cells, dust with flour and roast, allowing twenty minutes to each pound and twenty minutes over.

Season when half done and carve in long slices taken from each side of the backbone (see illustration). Serve with mint sauce or currant mint jelly.

Casserole of Rice and Lamb

2 pounds breast or neck of lamb
1 teaspoonful minced parsley
1 minced green pepper (optional)
1 teaspoonful salt
⅛ teaspoonful pepper
1 teaspoonful poultry dressing
3 cupfuls cooked rice
2 cupfuls stewed sifted tomato
3 tablespoonfuls grated cheese

Cut the lamb into medium-sized pieces, sprinkle with the parsley, green pepper, if used, poultry dressing, salt, and pepper. Put a layer of meat into a casserole, then a layer of rice, and so on, having rice for the top layer. Pour the tomato over, cover, and bake one and one-half hours in a moderately hot oven—350–375 degrees F. Twenty minutes

before serving remove the cover, sprinkle the grated cheese over the top, and allow it to brown.

Casserole of Lamb and Fresh Lima Beans

1 pound lamb (from neck)
1 pint fresh lima beans
1 pint stewed tomatoes, well-seasoned
3 tablespoonfuls flour
2 tablespoonfuls savoury drippings
½ teaspoonful salt
⅛ teaspoonful pepper

Cut the lamb into cubes, roll in the flour, and fry until slightly brown in the drippings. Add the tomatoes, seasonings, and lima beans, bring to boiling point, transfer to a casserole, and bake until the lamb is tender in a moderate oven—350° F.—or stew slowly instead of baking.

Lamb Fricassee

2 pounds shoulder or neck of lamb
3 cupfuls water
3 carrots
1 stalk celery
6 small onions
1 teaspoonful minced parsley
1 teaspoonful salt
¼ teaspoonful pepper
Boiled rice

Cut the meat into medium-sized pieces and wipe with a damp cloth. Place in a saucepan with the cold water, bring slowly to boiling point, and skim. Peel the onions; scrape the carrots and cut them into halves lengthwise; cut the celery into dice. Add these to the meat with the salt and pepper and simmer until tender—about one hour. When serving, pile the meat high in the centre of the dish and arrange the vegetables attractively round it. The gravy may be thickened with a tablespoonful of flour moistened with two tablespoonfuls of cold water. Sprinkle the minced parsley over the carrots and meat and serve with plenty of boiled rice.

Irish Stew

2½ pounds shoulder of lamb
2 large carrots
6 small onions
2 pounds potatoes
1 teaspoonful salt
¼ teaspoonful pepper
About 4 cupfuls water

Have the meat cut into medium-sized pieces, cover with the cold water and bring slowly to boiling point. Skim, then add the carrots cut into eighths and simmer for one hour. Add the salt, pepper, onions, and potatoes, the latter cut into

chunky pieces, and continue to simmer until the potatoes and the meat are tender—about one hour.

Arrange the meat in the centre of the platter, the potatoes around it, and garnish with the carrots and onions. A little chopped parsley may be sprinkled over the top if desired.

Hot Pot

2 pounds neck of lamb
2 pounds potatoes
4 onions
1½ teaspoonfuls salt
¼ teaspoonful pepper
1 tablespoonful flour
Hot water

Cut the meat into pieces. Peel the potatoes and cut into small thick pieces; slice the onions thin. Mix the salt, pepper, and flour, and roll each piece of meat in the mixture. Put a layer of potatoes in a deep dish or bowl (a wide-mouthed bean pot is satisfactory), then a layer of meat, next sliced onion, repeating the process until used. Have potatoes the last layer and fill the dish with the water. Cover closely and bake three hours in a moderate oven—350 degrees F.—adding more water if necessary.

Lamb Stew with Dried Beans and Onions

2 pounds breast or shoulder of lamb
3 tablespoonfuls bacon fat or drippings
2 medium-sized onions
6 cupfuls boiling water
2 cupfuls dry pea-beans
1 teaspoonful salt
⅓ teaspoonful pepper

Trim excess fat from the meat, cut the meat into medium-sized pieces and brown with the onions in the drippings. Add the water and the beans—soaked overnight—then parboiled for one hour. Put in the salt and pepper and simmer until the meat and beans are tender—one and one half to two hours—replenishing the water if necessary. Fifteen minutes before serving, drop small dumplings into the boiling liquid, cover closely, steam, and use as a garnish.

VEAL SPECIALS

Planked Veal Cutlet

1 thick veal cutlet
Cooked string beans
Mashed potato
Cauliflower
White sauce
Lemon
Grated cheese

Broil or pan-broil the cutlet for seven or eight minutes, lay on a plank and baste generously with melted butter. Season with salt, pepper, and lemon juice, put a border of mashed potato around the edge of the plank and cook fifteen minutes in a moderate oven—350 degrees F.—basting the cutlet two or three times with the melted butter. Garnish with string beans and flowerets of cauliflower, pour the white sauce over these, dust with cheese, and decorate with lemon cut lengthwise into eighths.

Veal Chops Casserole

3 good-sized slices salt pork
6 veal chops
12 button onions
1 cupful sliced parboiled young carrots
2 cupfuls thick tomato sauce or brown gravy
1 teaspoonful salt
¼ teaspoonful pepper

Try out the pork in a frying pan and when the fat flows freely remove and brown the chops in the fat. When browned place in the casserole and cook the onions for five minutes in the same fat, then place the onions, seasonings, and slices of pork in the casserole with the carrots, add the sauce or gravy, cover, and bake one and one-half hours in a moderate oven—350 degrees F. Serve with boiled rice, boiled macaroni, or plain boiled potatoes.

Roast Stuffed Shoulder of Veal

1 boned shoulder of veal
Bread stuffing
3 or 4 tablespoonfuls drippings

Have the butcher remove the bone from the veal (this may be chopped and used in the stock pot). Fill with bread stuffing, then tie and skewer the meat into shape. Dust it with flour and roast, allowing twenty minutes to the pound and twenty minutes over.

If desired, half a cupful of water may be put into the roasting pan with the drippings and the two used together in the basting.

PORK SPECIALS

Baked Pork Chops with Sweet Potatoes

6 thick pork chops
6 sweet potatoes
2 tablespoonfuls brown sugar
1 teaspoonful salt
¼ teaspoonful paprika
¼ cupful cold water

Wipe the chops, lay in a baking pan, and brown quickly in a hot oven—375–400 degrees F.—or under the broiler of the gas range. Parboil the sweet potatoes, peel, and cut into halves lengthwise. Sprinkle with the brown sugar, salt, and paprika, place in the pan with the chops, add the water, and bake three quarters of an hour in a moderate oven—350 degrees F.—basting frequently.

Lay the chops down the centre of a platter overlapping each other, surround with the potatoes, and serve with brown gravy and apple sauce.

Pork Tenderloins with Horseradish Sauce

2 large pork tenderloins
4 tablespoonfuls butter or a substitute
⅔ teaspoonful salt
Mashed potatoes or steamed rice
Horseradish sauce

Cut the tenderloins into thick slices crosswise, beat to flatten them, and cook them in a frying pan in the butter, or lay them in an oiled baking pan and bake in the oven, basting with the fat while they are cooking. They will take from twenty to twenty-five minutes to cook. Arrange on a platter, surround with the mashed potato or steamed rice, and pour the horseradish sauce round them or serve it separately.

Roast Spare Ribs

Crack the ribs in halves, dredge them with salt and pepper, fill with bread stuffing seasoned with sage, and fold over. Place in a baking pan, sprinkle thickly with flour, and bake until browned before adding water to the pan. An hour to an hour and a half in a hot oven—375–400 degrees F.—should be sufficient.

Pork and Cabbage Rolls

1 pound lean pork
1 large onion
½ teaspoonful chopped sage
½ teaspoonful thyme
1 teaspoonful salt
¼ teaspoonful pepper
¾ cupful raw rice
12 leaves of tender cabbage
3 cupfuls seasoned stewed tomatoes

Pass the pork, onion, sage, and thyme through the food chopper. Add the salt, pepper, and rice. Plunge the cabbage leaves into boiling water and cook five minutes. Drain, put a portion of the stuffing into each, roll up and tie

with thread or fasten with small wooden toothpicks. Lay the rolls side by side in a baking dish, pour the tomato over them, bake covered for one hour in a moderate oven—350 degrees F.—and serve with corn bread or corn muffins.

Smoked Pork Tenderloin

If the tenderloin is dry or hard soak it overnight in cold water. In the morning put on to cook in fresh cold water, bring slowly to boiling point, and simmer until tender—from one and one-half to two and one-half hours—according to the size and thickness of the meat.

Serve hot with spinach, beans, or cabbage, or leave in the water until cold, then slice thin.

Fried Salt Pork with Cream Gravy

6 slices fat salt pork
2 tablespoonfuls flour
1½ cupfuls milk
⅛ teaspoonful pepper
Toast

Cook the pork slowly until crisp, then keep hot while the sauce is made. Pour off the fat in the pan, except two tablespoonfuls, add the flour, and when blended pour in the milk gradually, stirring until the sauce boils. Cook five minutes, add the pepper, lay the slices of cooked pork on strips of toast, and pour the sauce over.

Salt Pork with Fried Apples

Cook salt pork as directed above, drain thoroughly, then cook apples, cored but not peeled, in the pork fat. Serve the pork and apples together in the same dish with or without cream gravy.

Baked Sausages

1 pound pork sausages
4 tablespoonfuls water
Flour

Prick the sausages well, roll in flour, and place in a baking pan with the water. Cook gently for about thirty minutes in a moderate oven—350 degrees F.—turning once or twice. They should be crisp, and the gravy should be rich and brown.

Sausages on Toast

1 pound sausages
1 minced green pepper
Strips of toast or fried bread
1 tablespoonful flour
1 cupful stewed sifted tomatoes
½ cupful water
½ teaspoonful salt
⅛ teaspoonful paprika

Prick the sausages, lay in a frying pan, and cook about twelve minutes. When the fat runs freely add the green pepper and allow it to cook with the sausages until tender. Lay on the toast or fried bread. Leave two tablespoonfuls of the fat in the pan, add the flour and brown, then add the water and tomatoes, stir until boiling, season, and pour round the sausages.

Apples Stuffed with Sausage Meat

6 large tart apples
1 cupful sausage meat
1 cupful hot water

Core the apples but do not pare them. Fill the hollows with the sausage meat. Place in a baking pan, pour the water around and bake for one hour in a moderate oven—about 350 degrees F.—basting frequently. Serve hot with creamed potatoes into which one tablespoonful of minced pimiento and one teaspoonful of minced parsley have been stirred.

Sausage Rolls

Pie crust
Sausages
Salt and pepper

Roll pie crust thin, cut into four-inch squares, and place in the centre a sausage, simmered or broiled for five minutes. Fold the pie crust over the sausage, press the edges together, brush with milk or beaten egg, and bake twenty minutes in a moderately hot oven—350–375 degrees F. Serve hot or cold. These are good for picnics.

Pickled Pig's Feet

1 set pig's feet
Boiling salted water
2 green peppers
2 large onions
2 cupfuls water
2 teaspoonfuls salt
Few whole peppercorns
Juice 3 lemons

Scald the feet and scrub them. Put into a pan, cover with cold water, and bring slowly to a boil. Pour off the water

and add fresh boiling water, salted in the proportion of a tablespoonful of salt to a quart. Cover and simmer until tender. Drain and blanch by pouring over an abundance of cold water. Place them in a jar. Slice the pepper and scald it with the onion, peppercorns, water, and salt. Pour over the meat, add the lemon juice, and set aside for a day before using.

HAM SPECIALS

To Boil a Ham

Select a ham with a fair proportion of fat, scrub thoroughly, and place skin-side down in a large kettle with cold water to cover. Bring slowly to boiling point, if the water seems very salt discard it, add fresh cold water, and again bring slowly to boiling point. The ham may be simmered in plain water, but the flavour will be improved if a stalk of celery, an onion into which two or three cloves have been stuck, a little parsley, and one or two bay leaves are cooked with it. An eight-pound ham will take approximately three hours to cook and should be turned at the end of two hours, more water being added from time to time if necessary. When tender remove, tear off the skin quickly, sprinkle with browned bread crumbs, and serve with apple or cider sauce.

If the ham is not to be served hot, allow it to cool in the water in which it was cooked, then remove the skin and sprinkle with browned bread crumbs as directed.

To Bake a Ham

Boil an eight-pound ham as directed for two hours, then transfer it to a baking pan; remove the skin and sprinkle with two tablespoonfuls of bread crumbs and two tablespoonfuls of brown sugar mixed together. Stick cloves generously over the surface and bake one hour in a slow oven—325 degrees F.

To Bake a Ham in a Crust

Boil an eight-pound ham for two hours as directed; remove the skin. Make a paste by moistening flour with cold water to the consistency of pie crust, roll out thin and completely envelop the ham in it. Bake two hours in a slow oven—325 degrees F.—when cold remove the crust and

sprinkle the fat surface of the ham with browned bread crumbs.

Ham Baked in Grapejuice with Apples

1 medium-sized ham
2 tablespoonfuls mixed pickling spices
Boiling water
1 cupful grapejuice
3 tablespoonfuls sugar
3 tablespoonfuls dry bread crumbs
6 large cooking apples

Scrub the ham, place it in cold water with the pickling spices, bring slowly to boiling point, simmer gently until tender—about three hours. Remove from the water, place in a baking pan, and pare off most of the skin. Pour the grapejuice over the ham, then sprinkle the exposed fat with the sugar and bread crumbs mixed together. Core the apples and put them into the pan with the ham, filling the centres with sugar. Add one-half cupful of water and bake three quarters of an hour or until the apples are tender and the ham browned. Baste both apples and ham occasionally with the grapejuice and fat in the pan. Garnish with celery, cut lemon, and the baked apples. Thicken the liquid remaining in the pan with a tablespoonful of flour rubbed smooth in a little cold water, and serve as a sauce.

Ham Steak

1 very thick slice ham
2 cupfuls milk
1 teaspoonful dry mustard
1 teaspoonful sugar
1 tablespoonful flour
1 cupful white stock or milk

Trim the rind from the ham and rub the flour, mustard, and sugar well into it. Allow it to stand for half an hour, then place in a baking pan, add the white stock or milk, cover, and bake from a half to three quarters of an hour, according to the thickness of the ham. Thicken the liquor which remains in the pan with one tablespoonful of flour rubbed smooth with a little cold water or milk. Boil thoroughly, pour over the ham, and serve with baked potatoes and a green vegetable, such as spinach, chard, or cabbage.

Fried Ham and Eggs

Slices of ham
Fresh eggs

Have the slices of ham one-half inch thick, remove the rind, and trim carefully; do not remove any more fat than

necessary. Place in a frying pan, cover with lukewarm water, and simmer for twenty minutes. Drain, dry, pour the water from the pan, and brown the ham on both sides over a hot fire. Transfer to a platter and fry the eggs in the ham fat remaining in the pan. Place these on top of the ham and season with pepper or paprika.

UNUSUAL MEAT DISHES

Tripe

Tripe is the inner lining of the stomach of the beef creature. The honeycomb is considered the most desirable portion. Tripe should be thick, white, and fat, and needs some savoury addition to give it tone and individuality. It is parboiled before being used and should be cooked in water until quite tender before finally prepared for table with various savoury sauces.

Tripe with Onion Sauce

2 pounds tripe
3 cupfuls white sauce
Minced parsley
5 medium-sized onions
1 teaspoonful lemon juice
Toast

Cook the tripe until tender in boiling salted water, then cut it in pieces one and one-half inches square. Boil the onions until tender, drain, and chop. Add to the sauce with the lemon juice, put in the tripe, and simmer over hot water (double boiler) for fifteen minutes. Garnish with triangles of toast and minced parsley.

Tripe Creole

1½ pounds tripe
2 cupfuls tomato sauce
1 minced green pepper
½ teaspoonful onion juice
Boiled rice

Cook the tripe in boiling salted water until tender, as directed. Drain, then heat in the sauce to which the minced pepper and onion juice have been added. Simmer fifteen minutes over hot water (double boiler); serve with a border of boiled rice.

The Calf's Head

A calf's head is one of the unusual meats which should be better known. The meat is gelatinous in texture and delicate

in flavour. The head will probably have to be specially ordered as it is seldom for sale. Ask the butcher to clean the head. It will be delivered split and accompanied by the tongue and the brains.

Calf's Head

1 calf's head
1 onion
1 carrot
1 tablespoonful salt
½ lemon
Bacon
Parsley sauce or buttered crumbs

Allow the head to soak for two hours in slightly warm water, changing three or four times. Scrub thoroughly. Place in cold water to cover with the onion, carrot, and lemon. Bring slowly to boiling point, skim, add the salt, and simmer until tender—about two and one-half hours. Cook the tongue with the head for one and one-half hours.

The head may be served covered with parsley sauce and accompanied by the tongue, skinned and split, or it may, after boiling, be transferred to a baking pan, brushed over with melted shortening, sprinkled thickly with buttered crumbs, and baked in a moderately hot oven—350–375 degrees F.—about twenty minutes.

Half the head may be served with parsley sauce, the other browned as directed.

The brains may be chopped, seasoned, and served with the head, or blanched and creamed or made into pâtés, as sweetbreads.

Broth left after cooking the head makes excellent soup stock.

To Boil an Ox Tongue

Select a thick short tongue, soak it in cold water overnight, trim off any superfluous fat. Place in cold water, bring to boiling point, discard the water, add fresh and again boil. Simmer, allowing about half an hour for each pound. Beginning at the root or thick end remove the tough skin, which will come away easily. If the tongue is to be served cold place it on a board, fastening the tip of the tongue down to the board with a tack or small skewer that it may not curl up. The choicest part of the tongue lies from the root to the middle and should be cut down in thin slices. The tip end is harder,

less flavourful, and is best chopped and used for sandwiches or potted tongue. If tongue is served hot cut in thin slices and serve with a sour pickle and a green vegetable, such as spinach.

Baked Calf's Heart

2 calves' hearts or one beef heart
Bread stuffing
Strips of bacon or fat salt pork
3 cupfuls stock

Soak the hearts in warm water for one hour, changing twice during the soaking. Cut the tough ventricles away to leave spacious openings. Fill with bread stuffing and bind the bacon or salt pork over, either tying it on or fastening with small wooden toothpicks.

Place in a casserole or deep baking pan, pour the stock round, cover closely, and bake in a slow oven—325–350 degrees F.—for two hours. Thicken the stock with two tablespoonfuls of flour moistened with cold water, add three tablespoonfuls of tomato catchup, boil thoroughly, then pour over the hearts. Serve very hot.

Kidney Stew

1 beef kidney or 6 lamb kidneys
6 slices bacon or salt pork
2 onions, medium-sized
1 teaspoonful dry mustard
⅔ teaspoonful salt
⅙ teaspoonful pepper
3 cupfuls water
2 tablespoonfuls flour

If beef kidney is used cut from the central tough fibre; if lamb kidneys, remove the thin skin and split the kidneys lengthwise into halves. Soak them for one hour in lukewarm water slightly salted, drain and put them into a saucepan with cold water, bring slowly to boiling point, discard this first water and add the three cupfuls of cold water; bring slowly to boiling point again, skim, add the onions, sliced, and the bacon or salt pork cut into dice, simmer until the kidneys are tender—lamb kidneys will take about one hour, beef kidneys one and one-half to two hours. Add salt and pepper when half done, thicken with the flour and mustard rubbed smoothly with a little cold water. Cook for five minutes and serve with a garnish of toast or boiled rice.

If the oven is being used for other cooking, the kidneys may be baked instead of stewed, using the same recipe.

Broiled Lamb Kidneys

6 lamb kidneys
6 slices bacon
6 slices bread, toasted
Salt and pepper
Butter

Remove the skin from the kidneys, split them lengthwise and run each on to a skewer, putting the skewer through both halves of the kidney to hold it flat. Broil or pan-broil, having a moderate heat, as kidneys are very close fibred and if exposed to intense heat will harden. Cook about four minutes; season with salt, pepper, and butter and serve on toasted bread, garnishing with strips or curls of bacon.

To Prepare Sweetbreads for Cooking

No matter how sweetbreads are cooked they must be first soaked in cold water for one or two hours, changing the water two or three times during the process, after which they must be drained, then plunged into boiling water to which a tablespoonful of vinegar or lemon juice has been added, cooked for five minutes, then immediately put into ice-cold water to blanch. Let them remain in the water ten minutes, wipe dry and chill, removing all pipe-like connecting fibres possible. The sweetbreads are now ready to be broiled, stewed, braised, fried, or made into pâtés.

Fried Sweetbreads

1 pair sweetbreads
Egg
Bread crumbs
Melted butter
Frying fat
Toast

Soak and blanch the sweetbreads as directed. When chilled cut into slices, dip in egg, then in seasoned bread crumbs, next in melted butter, then in egg and bread crumbs again. Cook golden brown in hot fat—hot enough to brown a piece of bread in forty seconds (if using a frying thermometer this should register 375 degrees F.). Drain and serve on toast surrounded by brown sauce, cucumber sauce, or pass maître-d'hôtel butter.

Smothered Sweetbreads

1 pair sweetbreads
Strips of salt pork or bacon
2 cupfuls brown stock
⅔ teaspoonful salt
⅙ teaspoonful white pepper
Dash of mace

Soak and blanch the sweetbreads as directed. Place them in a shallow baking dish and lay the strips of pork or bacon over them. Sprinkle with the salt, pepper, and mace, pour the stock over, cover, and bake in a moderately hot oven—350–375 degrees F.—half an hour. Serve on toast with the gravy, or with a border of boiled spaghetti or boiled rice.

Sweetbread Pâtés

1 pair sweetbreads
1 cupful white stock
1 tablespoonful butter
1 tablespoonful lemon juice
2 egg yolks
1 teaspoonful salt
⅛ teaspoonful paprika
Dash of mace or grated nutmeg
¼ cupful cream
Puff paste pâté shells

Soak and blanch the sweetbreads as directed, cut into small pieces and heat in the stock to which the butter, lemon juice, mace or nutmeg, paprika, and salt have been added. Beat the egg yolks with the cream, add to the mixture in the saucepan and cook over hot water (double boiler), stirring constantly until rich and creamy. Be careful the mixture does not boil after the eggs are added, as they would curdle. Heat the pâté shells and put the cream mixture into them. If desired less rich, substitute one and one-half tablespoonfuls of flour rubbed with a little cold milk for the egg yolks.

Broiled Liver

1 pound liver
3 tablespoonfuls melted butter
1 tablespoonful minced parsley
1 teaspoonful salt
¼ teaspoonful pepper

Cut the liver into thin slices, slash it, brush with melted butter, and if cooked over the fire, place between the wires of the broiler rubbed with fat. Broil slowly and season when about half done. Serve garnished with curls of bacon and pour over the remaining butter to which the minced parsley has been added.

Liver Lyonnaise

Prepare broiled liver as directed and serve with a garnish of fried onions to which a tablespoonful of vinegar has been added after they are cooked.

Baked Liver

1 lamb's liver (small) or 2 pounds calf's liver in one thick piece
3 or 4 slices fat salt pork
1 medium-sized sliced onion
1½ cupfuls sifted stewed tomato
⅛ teaspoonful pepper
⅔ teaspoonful salt
1 tablespoonful flour

Have the liver larded with the pork, or cut gashes in it and insert strips of the pork in these. Slice the onion in a baking dish, lay the liver on it, dust with the salt, pepper, and flour mixed, and pour the tomato around. Cover and bake one hour in a moderate oven—350 degrees F.—basting with the tomato.

Mock Pâté de Foie Gras

1½ cupfuls cooked calf's liver
3 or 4 slices uncooked fat bacon
2 tablespoonfuls finely minced lean ham
2 teaspoonfuls chopped parsley (optional)
2 eggs, well-beaten
Dash of ground mace
1 small grated onion
¼ teaspoonful salt
⅙ teaspoonful pepper

Pass the liver, bacon, and ham twice through the food chopper. Add the parsley, mace, salt, and pepper, also the grated onion. Then gradually work in the beaten egg. Turn into a plain mould or baking dish which has been oiled then thickly sprinkled with bread crumbs; bake in a slow oven—325–350 degrees F.—for one hour. Cool, unmould, and cut into thin slices.

Mock Pâté-de-Foie-Gras Sandwiches

This mixture, in addition to being served as an entrée or luncheon dish, is exceedingly good for the making of sandwiches. If easily obtainable, two or three mushrooms may be passed through the food chopper with the other ingredients

Braised Oxtail

3 tablespoonfuls heated drippings
1 large oxtail
2 tablespoonfuls flour
2 large onions
2 cupfuls stock or water
2 carrots, sliced crosswise
⅓ teaspoonful salt
⅙ teaspoonful pepper
2 or 3 cloves
1 tablespoonful lemon juice

Separate the oxtail into joints, roll in the flour, and brown in the heated drippings. When the meat is browned, remove

from the fat, slice the onions, and cook until golden brown in the same fat. Add the stock or water, stir until boiling, put in the salt, pepper, cloves, and carrots, and the browned meat. Simmer two hours, add the lemon juice and serve with plain boiled potatoes, boiled rice, or macaroni.

Braised Rabbit

1 large rabbit, dressed
2 sliced onions
2 sliced carrots
1 cupful diced celery
Bouquet of herbs
1½ teaspoonfuls salt
¼ teaspoonful pepper
3 or 4 mushrooms or 1 tablespoonful mushroom catchup
2 cupfuls stock
3 or 4 slices bacon
1 tablespoonful flour
Currant jelly

Place the prepared vegetables in a shallow stew pan or braising pan, add the stock and mushroom catchup, if used. Disjoint the rabbit and lay the legs and back (saddle), cut into three or four pieces, on the vegetables; lay the bacon over the rabbit, cover, and simmer two to three hours, adding salt and pepper at the end of the first hour. Remove the meat, strain the gravy, thicken with the flour rubbed smooth with a little cold water, pour over the meat, and serve with plain boiled potatoes and currant jelly.

Raised Meat Pies

3 cupfuls flour
1 teaspoonful salt
1 cupful shortening
⅔ cupful water

For the Filling:

1½ pounds diced pork or 1½ pounds diced veal and ¼ pound diced ham
1½ teaspoonfuls salt
⅓ teaspoonful black pepper
1½ cupfuls boiling stock
1 tablespoonful granulated gelatine

Put the shortening and water together in a saucepan and let them boil. Sift the flour and salt, make a hollow in the centre, pour in the boiling mixture, and with a knife mix to a dough; have more boiling water ready in case a little may be required. Turn on to a floured board, knead with the hands until smooth, then cut off one fourth of the paste and set it aside for the cover of the pie. With the fingers mould the remaining pastry into the shape of a large bowl, starting at the centre and working round with the fingers. Fill with the diced meat seasoned with the salt and pepper. Roll the remaining piece of pastry out to fit the top, brush the edges with

milk or beaten egg, lay this rolled-out piece of pastry over the meat, and decorate the edge by pinching. Roll the fragments thin, cut them into pieces to represent leaves, and lay these on the top of the crust. Transfer to a flat baking sheet and bake one and one-half hours in a slow oven—325–350 degrees F. When cold make an opening in the top and pour in the boiling stock in which the gelatine has been dissolved. Serve cold.

POULTRY

Chicken and fowl are always in season, even "spring" chickens being obtainable at other seasons, thanks to the incubator. Turkeys are at their best in the fall and early spring, ducks and geese from December to April, and ducklings from early summer to early fall.

Theoretically, spring chicken is a bird under five months old, chicken anything from five months to a year, and fowl a year or over.

Selecting Poultry

Chicken should be plump, the flesh firm, the tip of the breast bone tender, and the wings flexible. Chicken for broiling must, of course, be very young, a roasting chicken should be fully grown but not old, while a bird no longer in its first youth is satisfactory for cooking en casserole, boiling, fricasseeing, or for cooking in the fireless cooker.

A capon, the most expensive but at the same time the most delicious of poultry, combines the delicacy and tenderness of the young bird with the flavour and weight of the full-grown one.

Turkey (hen for choice) should be heavy for its size, plump breasted, with white skin, short neck, smooth legs, and feet.

Duck is judged by its weight in comparison with its size. The flesh should be white or very pale yellow and the breast bone and wing tips pliable and flexible. The same rules apply to goose as to duck.

Preparation of Chicken or Turkey for Cooking

Both chicken and turkey are sold picked in city markets. In the country this usually is done at home and merely

consists of picking the feathers from the bird. Chicken may be picked wet or dry, the dry picked being the best. Wet picking means that after killing the bird has been plunged in boiling water to loosen the feathers that they may be extracted more quickly. Wet-picked poultry does not keep as well as dry picked.

All pin feathers must be removed one at a time, either with the fingers or with a pair of nippers for the purpose.

Singeing

The long hairs on turkey and chicken must be removed by singeing. This is done either by holding the bird over a flame until the hairs are singed off, or by applying a lighted twist of paper or a lighted wax taper to the flesh until the same results are obtained.

Drawing

Wash the turkey or chicken after singeing. Wipe carefully, remove the head, and if the sinews or tendons are to be removed make a lengthwise cut through the leg under what might be termed the knee joint, pick up the tendons one by one on a strong skewer and pull them from the drumstick. There are seven tendons, and if they are removed the drumstick will prove as tender as any other part of the bird. The butcher can do this readily by making the same cut, then putting the tendons over a hook, giving one twist and a pull, when they all come out together. His usual method of preparing a bird, however, is to chop off the legs at the joint, leaving the tendons in the drumstick.

Cut off the feet with the tendons attached, remove the crop (food bag) from the neck opening. Make a cross-cut at the vent, keeping this as small as possible, and remove the intestines, gizzard, heart, and liver, being careful not to break the gall bag which is attached to the liver; if broken, it spreads its bitter contents on every part of the bird which it touches. Pull out the windpipe after the intestines are removed, then take out the lungs, which are closely attached to the inner side of the backbone. Discard the intestines and windpipe, but keep the liver, gizzard, and heart to be cooked, minced, and added to the gravy. The inner part of the gizzard inclosed by a very tender skin must of course be re-

moved, for this inner part is where the food is ground up and contains particles of stone and pebble. Turn the bird over and cut out the oil bag which is found at the tip of the "parson's nose"—this is a little sack containing a thick yellow deposit strong in both odour and taste.

Wipe the inside of the bird with a damp cloth, stuff if desired, and sew or skewer up the vent before trussing.

To Skewer a Vent

Stick four or five wooden toothpicks through the skin from side to side of the vent, then take a piece of white thread and fasten it criss-cross fashion, as a small boy fastens his shoe laces, tying it at the end. After the bird is cooked the toothpicks can be drawn out; the thread will come with them, and there will be no cord to entangle the knife of the carver.

To Truss a Turkey or Chicken, Duck or Goose

Trussing is a very simple process and is done to keep the bird in shape while cooking. Cut away the neck as close to the body as possible (it may be added to the giblets and stewed for gravy), draw the skin of the neck over to the back and secure with a skewer. Press the legs close to the sides of the bird, the knuckle bones against the vent, tie them there and run a skewer through them, or fasten with a heavy thread carried right through the body of the bird by means of a trussing needle. Press the wings down toward the back of the bird and fasten these also with a skewer or with the trussing needle. If any tying is done let it be under rather than over the body, as the marks of the cords will show if allowed to cross the breast.

The cleansing processes of duck and goose are exactly the same as those outlined for chicken or turkey. The trussing is a little easier; as both legs and wings are shorter than those of a chicken they lend themselves more easily to this treatment.

The Roasting of Poultry

Allow twenty-five minutes to each pound. Begin the cooking in a hot oven—400–425 degrees F.—reduce it after the first ten minutes, that the meat may cook gently.

Most people cook poultry breast uppermost; this, however,

causes the juices to flow away from the breast, making it dry. The bird should be laid on its side during the early part of the cooking, then turned breast uppermost to finish.

There are roasting "saddles" on the market in which poultry can be suspended so that the breast does not have to lie in the fat in the pan. As with all meats, season when partly done, baste thoroughly and frequently to keep the flesh juicy, and dredge with flour when beginning to brown to assist the browning and to give a rich thickness to the gravy.

Poultry may be stuffed if desired, both in the crop cavity and in the body, or the stuffing may be baked in a separate dish or pan and served as an accompaniment.

Roast chicken and turkey, being somewhat dry-fleshed, may be garnished with curls of bacon or with sausages cooked in the pan. Duck and goose, being rich, do not require this addition.

Boiled Fowl

An old fowl is suitable for this form of cooking and may be either boiled or steamed, then covered with oyster sauce, parsley sauce, or celery sauce. Turkey also is sometimes boiled, but as the old legend has it:

> A turkey roast is the Squire's boast;
> A turkey boiled is a turkey spoiled;
> But for a turkey braised, the Lord be praised.

POULTRY SPECIALS

Roast Turkey

Clean a turkey according to directions given in the Roasting of Poultry, fill with potato, giblet, egg-bread, chestnut, or oyster stuffing. Place on a rack in a dripping pan and cook according to general directions for roasting, allowing three hours for a turkey from eight to ten pounds.

Make plain or giblet gravy as directed, and serve the turkey with or without a garnish of sausages and cubes of cranberry jelly.

Roast Chicken

Prepare as directed for roast turkey, allowing one and one-half hours for a five-pound chicken.

Roast Duck

Prepare as directed for roast turkey, using a potato, apple, sage, onion, or corn stuffing. Finish as directed and serve with brown gravy, currant mint sauce, mashed potato, or potato croquettes.

Boiled Turkey

Singe and clean the turkey as directed. Stuff the craw sparingly with forcemeat but do not stuff the body. Truss the turkey as a chicken which is to be baked; plunge it into boiling water to which one sliced lemon has been added; cover and boil slowly for thirty minutes. Skim, then simmer until tender—about two hours for an eight-pound turkey. When done it should be very tender, the skin whole and very white. Pour celery, parsley, or oyster sauce about the turkey, lay poached forcemeat balls round it, and garnish with sliced lemon and parsley. Serve with cranberry sauce or jellied cranberries.

Fried Chicken

2 spring chickens
3 tablespoonfuls flour
1½ teaspoonfuls salt
½ teaspoonful pepper
½ cupful bacon fat or other preferred fat

Select young chickens, pick them carefully, cut into joints and roll in flour well seasoned with salt and pepper. Have the fat thoroughly heated in a frying pan, put the pieces of chicken in a few at a time, and brown quickly on both sides. Reduce the heat and cook gently for half an hour. Serve garnished with bacon, parsley, and cut lemon, and accompany by potato or rice croquettes, currant jelly, and green peas or string beans.

Panned Chicken

Prepare chicken as for frying, and when browned add one and one-half cupfuls of stock or water; cover closely and cook either over the heat or in the oven for half an hour.

Chicken Maryland

This is a delicious one-dish meal consisting of fried chicken served on toast surrounded by white sauce and garnished

with small corn fritters. Panned chicken is equally delicious served in this way, using gravy in place of white sauce. Green peas or corn may be served with the panned chicken in place of the corn fritters.

Curried Chicken

1 2- or 3-pound chicken
3 tablespoonfuls butter
2 medium-sized onions, minced
1½ tablespoonfuls curry powder
2 tablespoonfuls flour
2 teaspoonfuls salt
1 sour apple or 1 stalk rhubarb
3 cupfuls stock

Clean the chicken and cut it into pieces as for fricassee. Roll each piece in flour and cook until golden in the butter, lifting the meat out as it browns. Cook the onion in the same butter until golden brown. Add the curry powder with any remaining flour, cook for a moment, add the stock, and stir until boiling. Replace the chicken, add the apple or rhubarb, and the salt. Simmer until tender and serve with an abundance of plain boiled rice.

Tomato Chicken

1 large chicken or fowl
1 cupful minced ham
1 medium-sized onion, minced
1 minced green pepper
1 blade mace
1 cupful water
1½ teaspoonfuls salt
⅓ teaspoonful pepper
1 tablespoonful butter
2 tablespoonfuls flour
4 sliced tomatoes or 2 cupfuls unsifted canned tomatoes

Cut up the chicken as for fricassee, wipe thoroughly with a damp cloth, and place in a stew pan. Sprinkle the minced ham, onion, and green pepper over, add the mace, the tomatoes, and the water. Cover closely, simmer for one hour, add the salt and pepper, and thicken with the butter and flour rubbed together. Cook ten minutes and serve with boiled rice, macaroni, or potatoes.

One hour should be sufficient to cook the chicken if tender, but the length of time will depend on the age and tenderness of the chicken.

Chicken en Casserole

A 2- or 3-pound chicken or fowl
3 slices salt pork, diced
1 tablespoonful flour
1 teaspoonful salt
⅛ teaspoonful paprika
Boiling water
½ cupful rice
2 green peppers, minced
1 cupful sifted canned tomato
Cut lemon, parsley

Cut up the chicken as for fricassee and roll each piece in the flour to which the salt and paprika have been added. Place in a casserole with the salt pork, add boiling water to almost cover, and simmer in the oven or over heat about one and one-half hours, until the chicken is almost tender. Then add the rice, minced peppers, and tomato, cook until the rice is tender—about forty minutes. Serve in the casserole, garnishing with cut lemon and parsley.

Braised Chicken

1 chicken
Corn dressing
3 tablespoonfuls bacon drippings or butter substitute
1 teaspoonful salt
¼ teaspoonful pepper
1 onion
1 carrot
2 cupfuls boiling water

Prepare the chicken as for roasting, stuffing as usual with corn dressing. Brown the chicken in the heated bacon fat or butter substitute, sprinkle with the salt and pepper and place breast down in a double roaster or braising pan having a tightly fitting cover. Slice the onion and carrot into the pan and add the boiling water. Cover closely and cook until tender in a moderate oven about 350 degrees F. The time of cooking will depend on the age of the bird—chicken will cook in about two hours, fowl may take twice as long. When half cooked turn the chicken on its back in the pan so the lower part rests in the gravy.

Thicken the gravy with one and one-half tablespoonfuls of cornstarch moistened with a little cold water, and strain before serving.

Steamed Browned Fowl

1 3- or 4-pound fowl
2 tablespoonfuls melted drippings or bacon fat
1 teaspoonful salt
⅛ teaspoonful pepper

Clean the fowl and truss as for roasting. Cook in a steamer from three to four hours, according to the size and age. When partly done dust with salt and pepper, and when tender transfer to a baking pan. Add the drippings or bacon fat and cook in a moderate oven—350 degrees F.—until browned, about thirty minutes, basting several times with the drippings.

It may be necessary to add a little more seasoning when putting the fowl into the oven.

Roast Goose

Scrub, singe, and clean a young fat goose as directed. Stuff with giblet stuffing, close the vent, and truss the bird. Then place it on a rack in the baking pan and cook in a slow oven—325 degrees F.—from two to two and one-half hours. Pour off the fat as it accumulates, leaving only enough in the pan to baste the goose. Serve with tomato gravy and apple sauce.

LEFT-OVER MEAT DISHES THAT ARE "DIFFERENT"

(For further suggestions see section on Utilizing Leftovers.)

Jellied Beef

3 cupfuls minced boiled fresh beef
1½ cupfuls boiling stock
1 tablespoonful Worcestershire sauce
½ teaspoonful onion juice
½ teaspoonful salt
⅙ teaspoonful paprika
1½ tablespoonfuls gelatine
2 tablespoonfuls cold water

Add the minced meat, onion juice, salt, and paprika to the boiling stock, simmer for five minutes, then add the Worcestershire sauce and the gelatine softened in the cold water. Cool, turn into a prepared mould, and chill. Unmould and garnish with asparagus dipped in French dressing, or with sliced tomatoes and lettuce.

Jellied Veal

Substitute veal for the beef in the above recipe and season with lemon rind instead of onion juice. Garnish with lettuce and sliced hard-cooked egg, sliced tomatoes, or string beans moistened with French dressing.

Jellied Lamb

Substitute lamb for the beef in the above recipe and season with one-half teaspoonful of minced mint in place of the onion juice and Worcestershire sauce. Garnish with lettuce and green peas, asparagus, or stuffed small tomatoes.

Meat Loaf

3 cupfuls left-over meat, any kind
½ cupful stale bread crumbs
1 cupful unsifted canned tomatoes
1 teaspoonful salt
¼ cupful crushed dried celery leaves or 2 tablespoonfuls fresh celery leaves minced
2 tablespoonfuls minced onion
⅛ teaspoonful pepper

Blend all ingredients thoroughly, turn into an oiled pan thickly sprinkled with stale bread crumbs. Bake one hour in a moderate oven—350 degrees F. Unmould and serve hot with tomato sauce or gravy, or leave in the pan until cold, unmould, slice, and serve with creamed or baked potatoes and a green salad.

Spanish Meat Loaf

2 cupfuls cold cooked meat
1 slice bacon or salt pork
1 cupful stale bread crumbs
1 cupful milk
1 teaspoonful poultry seasoning
½ teaspoonful salt
⅛ teaspoonful pepper
1½ cupfuls cooked rice
1½ cupfuls stewed sifted tomato well-seasoned, or
½ can tomato soup and
½ cupful water

Chop the meat and bacon or salt pork fine, add the bread crumbs soaked in the milk, the salt, pepper, and poultry seasoning. Turn into an oiled square pan, spread the cooked rice over the meat, then pour the tomato over this. Dot with butter or bacon fat and bake half an hour in a moderate oven —350 degrees F.

Shepherd's Pie

3 cupfuls cold meat, chopped
1 cupful left-over gravy
1 tablespoonful Worcestershire sauce
Salt and pepper, if needed
2 tablespoonfuls bacon fat or drippings
2 cupfuls mashed potatoes

Add the gravy, Worcestershire sauce, salt and pepper if required, to the meat. Place in a baking dish or casserole, pile the mashed potato on top, roughen with a fork, and put bits of bacon fat or drippings here and there. Heat and brown in a quick oven—375 degrees F.

Cornish Pasties

Flaky pie crust
2 cupfuls cold cooked potatoes
2 cupfuls cold cooked meat
1 or 2 slices onion, minced
½ teaspoonful salt
¼ teaspoonful pepper

Roll the pie crust thin and cut into four-inch squares. Mix the potatoes, onions, and seasonings and put a large spoonful in the centre of each square. Wet the edges, then, taking hold of diagonal corners, press the edges together over the filling to form an upstanding triangle. Brush the sides with milk or water and lay the pasties on an oiled baking sheet. Bake about twenty minutes in a quick oven, 375 degrees F.—and serve hot or cold.

Varied Pasties

Fish and rice or fish and potato, or even bacon, egg, and potato may be used instead of meat in the pasties.

Pilgrim Pies

Pie crust
2 cupfuls cold minced lamb
1 teaspoonful minced parsley
1 tablespoonful Worcestershire sauce
⅔ teaspoonful salt
¼ teaspoonful pepper
1 cupful gravy
Mashed potatoes

Cover inverted muffin pans (or one large deep pie plate) with the crust, prick well, and bake in a moderately hot oven —350–375 degrees F.—about fifteen minutes. Add the meat and seasonings to the gravy, heat, and fill the baked crust. Pile mashed potato on top, return to the oven to brown the potato delicately.

Lamb or Mutton en Brochette

3 tablespoonfuls melted butter
1 teaspoonful mixed mustard
½ cupful gravy
½ teaspoonful salt
1 cupful sweet cider
Dash of cayenne
3 tablespoonfuls currant jelly
2 cupfuls diced cold cooked lamb or mutton
Strips of toast

Put the meat, cut into squares, on metal or wooden skewers, having five or six pieces of meat on each skewer. Melt the butter, add the mustard, salt, cayenne, currant jelly, and gravy. Bring to boiling point, add the meat, and simmer until the meat is heated through. Add the cider, simmer five minutes longer, put a skewer of meat on each strip of toast, pour the gravy over, and serve very hot.

Plate en Brochette

The addition of well-boiled rice, or macaroni, with peas or some other green vegetables, makes this an exceedingly good and attractive one-plate meal.

Lamb Terrapin

2 cupfuls cold lamb cut into dice
2 tablespoonfuls butter or a substitute
1 teaspoonful dry mustard
1 tablespoonful flour
½ teaspoonful salt
⅛ teaspoonful paprika
1¼ cupfuls stock
1 tablespoonful Worcestershire sauce
2 hard-cooked eggs

Remove superfluous fat from the lamb. Melt the butter and add the mustard, flour, salt, and paprika, and when mixed, the stock and sauce. Cook five minutes after the sauce boils. Put in the meat and the yolks of the eggs sieved. Heat, then stir in the whites of the eggs, chopped. Serve on toast or with rice or macaroni.

Duck Terrapin

Substitute left-over duck for the lamb.

Liver Terrapin

Substitute left-over liver for the lamb.

Lamb Curry

3 tablespoonfuls drippings
1 minced onion
2 tablespoonfuls flour
1 teaspoonful curry powder
2 cupfuls stock or water
½ teaspoonful salt
2 cupfuls cold cooked lamb
½ sour diced apple or
1 tablespoonful lemon juice
Boiled rice

Melt the drippings, add the onion, and cook until yellowed. Add the flour, salt, and curry and mix with the fat. Pour in the stock or water, stirring constantly until the sauce boils. Then put in the apple and meat cut into large dice, and simmer ten minutes. Serve with boiled rice.

Corned Beef Hash

2 cupfuls chopped lean corned beef
3 tablespoonfuls milk or water
⅙ teaspoonful pepper
2 cupfuls cold boiled potatoes

Chop the meat and potatoes separately, having them chopped fine, but not mashed. Add the milk or stock to the potato, put the meat into a frying pan, and cook two or three minutes so that the fat begins to try out. Add the potato and pepper. When heated through allow it to brown, fold like an omelet, and transfer to a hot dish. Garnish with parsley.

Corned Beef Hash with Pimientos

Add two minced canned pimientos to the potatoes in the above recipe.

Corned Beef Hash with Green Pepper

Add one minced green pepper to the potatoes.

Corned Beef Hash with Onion

Add one tablespoonful of minced onion to the meat.

Corned Beef Hash with Poached Eggs

Place a poached egg on top of each service of hash after it is turned on to the serving dish.

Creamed Corned Beef

2 tablespoonfuls butter
2 tablespoonfuls flour
1 cupful milk
1½ cupfuls chopped corned beef
½ teaspoonful minced parsley
A few drops of onion juice (optional)
⅛ teaspoonful paprika

Cook the butter and flour together until smooth but not brown, add the milk slowly, stirring until boiling. Cook for three minutes, add the paprika, and heat the chopped corned beef in the sauce.

One tablespoonful of tomato catchup may be added if desired.

"Bubble and Squeak"

Slices of cold corned beef
About 3 cupfuls left-over cabbage
4 tablespoonfuls butter or drippings
Pepper
1 tablespoonful vinegar

Cut the meat into thin slices and cook quickly in the drippings until golden brown. Chop the cabbage and after the meat is cooked heat in the same drippings. Season highly with pepper and add the vinegar while the cabbage is heating. Pile the cabbage in the centre of the dish and arrange the meat around it.

Salmi of Duck

The remains of 2 cold roast ducks
1 pint brown sauce
½ cupful chopped olives
2 tomatoes or 1 cupful sifted stewed tomato

Chop the bones of the duck and cook in water, to be later used as stock when making the sauce. Cut the meat into neat pieces; when the sauce is ready add them, with the tomato. Simmer slowly in the sauce for half an hour, add the chopped olives, and serve with fried cornmeal mush or with brown rice croquettes and green peas.

Turkey Hash

After the turkey has been served roasted and cold there is really very little left except "scraps," but a good dish of hash can often be made by cutting every fragment from the bones and chopping. Do not pass the meat through the food chopper as it makes it too pasty. If any dressing remains, add this also to the meat, and season with salt, pepper, and a little nutmeg, the quantities depending on the amount of turkey. Heat in left-over gravy, or make a cupful of white sauce and heat the meat in that. Garnish with cubes of cranberry or currant jelly and triangular pieces of toast.

Jellied Chicken and Vegetable Loaf

1 cupful boiling chicken stock or canned chicken soup
1½ tablespoonfuls granulated gelatine
¼ cupful cold water
1 cupful cooked peas or diced cooked asparagus
1 cupful diced string beans
¾ teaspoonful salt
½ cupful sliced radishes
¾ cupful shredded cucumber or new cabbage
1 cupful chopped left-over chicken or ½ pound canned chicken

Let the gelatine stand for five minutes in the cold water, stir it with the salt into the boiling stock. Add the prepared vegetables and pour into an oiled brick-shaped mould. Let stand for a few hours in a cold place until stiff, unmould, and garnish with lettuce and mayonnaise.

Jellied Veal and Vegetable Loaf

Substitute one cupful of minced cooked veal for the chicken in the above recipe and add one tablespoonful of lemon juice.

DEEP FAT FRYING

The frying thermometer in action. Tomatoes being egged and crumbed, potatoes ready for French frying

A BEAUTIFULLY ARRANGED VEGETABLE SALAD

A little cooked ham or tongue may be added to the veal if convenient.

Chicken Timbales

3 cupfuls minced chicken
1 cupful soft bread crumbs
½ cupful milk
1 teaspoonful salt
⅛ teaspoonful pepper
1 teaspoonful minced parsley
¼ teaspoonful onion juice
2 tablespoonfuls melted butter
3 eggs

Cook the crumbs in the milk until thick, add them to the chicken with the seasonings, butter, and parsley. Separate the eggs, beat the yolks until light, and add to the chicken. Then fold in the egg whites beaten until stiff. Turn into well-oiled custard or timbale cups, set on folds of paper in a pan of hot water and bake until firm, about thirty-five minutes, in a moderate oven—350 degrees F. Serve with parsley sauce.

CHAPTER XX

FRIED FOODS

(All measurements are level)

THE terms "frying" and "sautéing" are commonly used interchangeably, but literally "sautéing" means that food is cooked in a little fat heated in a shallow pan, whereas "frying" or "deep-fat frying" denotes cooking in a sufficiently large quantity of fat to cover completely the article to be cooked. For most purposes deep-fat frying is to be preferred, because if foods are properly cooked in deep fat they are not greasy or oily, and only a small quantity of the fat is actually consumed in the cooking operation, although a large amount is required in which to do that cooking. This may sound extravagant but actually it is not, for the same fat may be strained and used over and over again so that, in reality, the process is a very economical one as compared with sautéing, where the fat is largely absorbed by the food being cooked in it.

As a means of utilizing left-overs frying is perhaps the most useful of all methods of cooking, for in this way very small amounts of food may be utilized to good advantage and turned into savoury and appetizing dishes, but as a substitute for broiling the use of the frying pan is to be deplored.

The Frying Kettle

This should be of heavy material, preferably cast iron, that the food may not heat too rapidly. It may have a broad flat base in which the frying basket will rest evenly, or it may be the old-fashioned heavy rounded "Scotch bowl" of our grandmothers' days, than which there is still no better frying kettle made.

The Frying Basket

This is a wire basket either with a long side handle or with a bail handle so that the basket can readily be lifted from the

frying kettle when the cooking is done. Regulation frying kettles have attached to them either an upright bar or a curved bar ending in a hook, on which the frying basket hangs while the foods in it are draining. A frying basket is not absolutely essential, but it is a great convenience when frying, and its cost is so slight that the necessary expenditure for it is well worth while. Croquettes, fish, etc., are placed in the basket after egging and bread crumbing, then lowered into the fat, cooked, and all lifted out together.

The Frying Thermometer

We have been accustomed to test the temperature of frying fat either by looking for the thin blue smoke rising from its surface, or by what is known as the "bread test"—that is, gauging the heat by the length of time it takes to colour a crust of bread dropped into the frying fat. The "thin blue smoke test" is an unwise one because where vegetable fats are used the heat would be too great for most cooking if it were present. The "bread test" is reasonably satisfactory, but the thermometer test is unfailing.

Frying Temperatures

The following table indicates that the right heat has been attained when the frying thermometer registers the degree specified. The bread test is used where no thermometer is available and indicates that the fat is ready for use when a small piece of bread becomes golden brown in the length of time specified under the heading "Bread Test."

Food	Bread Test	Frying Thermometer
Croquettes, oysters	40 seconds	375 degrees
Doughnuts, fritters, etc.	1 minute	350 degrees
Small fish	1 minute	350 degrees
French-fried potatoes	1½ minutes	325 degrees
Shoestring potatoes	1½ minutes	325 degrees
Raw meat	2 minutes	285 degrees

Digestibility of Fried Foods

The almost universal objection to fried foods is that they are considered indigestible because "greasy," but if properly cooked this criticism is unwarranted, for, as already indicated, with croquettes, fish, rissoles, etc., the coating of egg

throws off fat and, provided the fried foods are properly drained after frying, they should be so free from greasiness that it would be possible to eat them with the fingers without the fingers being soiled. When lifting from the frying kettle allow the basket to hang for a moment on the iron hook already described so that any particles of fat may drop back into the pan, then lift the foods from the basket on to crumpled unglazed paper which will fully absorb any surface oiliness. This rule applies to all fried foods, those which are coated with egg and crumbs as well as those which are not. Provided they are properly cooked there is no reason why fried foods should be eliminated from the dietary, assuming that they are considered as fats and their food value duly allowed for. However, the method by which these foods are fried makes a great difference in the amount of fat they absorb, for foods which are sautéd absorb at least one third more fat than those which are immersed in deep frying fat of the proper temperature to cook the surface instantly, and this must be taken into consideration when arranging the menu.

The Frying Fat

This may be liquid or solid, vegetable or animal, probably the best frying medium of all being olive oil, but this is too expensive for most of us, and fortunately we now have less costly vegetable oils and solidified vegetable fats. Among the animal fats those commonly used for frying are rendered or tried-out beef fat and lard. Lamb and mutton fats are not good for frying, being too hard in texture as well as giving a somewhat tallowy taste to the foods cooked in them.

The Preparation of Frying Fat

Vegetable oils and fats require no preliminary preparation on the part of the housekeeper. They are ready for instant use. The same statement applies to lard except in a very few outlying districts. It is rendered by the packers and purchased by the pound or can, but the woman who prefers beef fat must prepare it at home. Soft flank fat is better than suet. Remove every particle of lean meat or fibrous skin and any possible bruised places from five pounds of beef fat, cut into pieces about an inch square, place in a large shal-

low pan, and add a quart of water. Cook rapidly uncovered, until all the water is evaporated. It will be very easy to tell when this stage is reached, because as long as there is water left in the pan the liquid will be opaque and milky looking, while as soon as the water is all gone and nothing but fat remains, it will be clear and like strained honey. Now cover the saucepan and remove it to a part of the stove where the heat will be very gentle, or if a gas range is used, turn the gas down as low as possible, and cook until the fat is all extracted from the cellular tissues, and little pieces of dried skin float on top of the clear fat. Be very careful to keep the pan covered all the time this cooking is going on. Cool slightly, then strain through cheesecloth and set aside for use as needed.

The fat should be creamy white and practically tasteless. Some cooks use this clarified beef fat just as it is for their frying while others prefer to use half beef fat and half lard. This is a matter to be governed by individual preference.

Care of Fat After Frying

Fat cools slowly and unless kept active while cooling changes colour and texture to some extent. For this reason drop a sliced raw potato into the hot fat as soon as the last food which has been cooked in it is removed. Also take the fat away from the fire immediately. The cooking potato absorbs the surplus heat thus cooling the fat more quickly, and incidentally clarifies it at the same time. When the bubbling ceases and the fat is partially cooled, strain through cheesecloth so as to remove any particles of crumbs or batter, which would burn if left in the fat and would also spoil the appearance of any food subsequently cooked in the same fat, by adhering to it.

After frying fat has been used a number of times, especially where doughnuts, crullers, etc., have cooked in it, it is apt to become cloudy and muddy in appearance. The remedy for this is to add to the cold fat a quart of water, boil the two together rapidly for five minutes, then set aside and when cold lift the solid cake of fat from the water. Impurities, flour, etc., will be found at the bottom of the water with perhaps some adhering to the under side of the cake of fat, from which they can easily be scraped with a knife.

Egging and Bread Crumbing

Foods which are cooked in deep fat are usually coated with egg and bread crumbs or with batter, the egg coagulates as soon as it is immersed in the hot fat forming a casing or coating which prevents any taste of the fat being absorbed by the food, and conversely prevents the flavour of the food being absorbed by the fat. Great care must be taken that the egging and bread crumbing is perfectly done, so that there may be no cracks through which the food could force its way into the fat. If cracks are left the croquettes or whatever may thus be prepared are very apt to burst. To each egg add two tablespoonfuls of water and beat with a fork until blended, if beaten until foamy the bubbles break and permit the fat to enter. The whole egg is generally used; sometimes the white alone is taken but it is not advisable to use the yolk only, as it is the albumen which is required in the process. The bread crumbs may be either dry or stale—dry bread crumbs being made of pieces of bread dried slowly in a cool oven, then rolled and sifted, stale bread crumbs being grated from a stale loaf.

In ordinary everyday frying, crust and crumb of the bread are used together, but for an absolutely perfect golden-brown colour, the crumb alone should be taken. Cracker crumbs give a smoother appearance than bread crumbs and are generally used for oysters. Many people use cracker crumbs entirely in place of bread crumbs but owing to their texture they are apt to absorb fat whereas bread crumbs throw it off. The crumbs should be seasoned with salt and pepper when used for coating savoury articles of food.

Finely crushed vermicelli or slightly crushed, flaked, or shredded cereals are sometimes used in place of bread crumbs and give a rougher but very attractive appearance to fried foods.

Let us assume that we are egging and crumbing croquettes: Have the beaten egg and water on a plate, the crumbs on a large sheet of paper; lay the croquettes, one at a time, in the plate of egg, and with a small brush coat them with egg; then lift from the plate with the flat blade of a knife, allow any excess egg to drain off, and turn upside down in the bread crumbs. If necessary brush over again with egg that part of

the croquettes which came in contact with the knife. Take hold of the corners of the paper and toss the crumbs over each croquette, then shake off any which do not adhere closely. The croquettes are now ready for frying.

Test the fat (see Frying Temperatures) for the right degree of heat. Fat that is too cool will soak into what is being cooked in it. As the ingredients are usually all previously cooked (with the exception of the egg used in coating) the croquettes need only remain in the hot fat just long enough to heat them through and to become golden brown. This is a very speedy process owing to the intense heat of the frying fat. With this method of frying croquettes there is no necessity for turning them, provided there is enough fat in the frying kettle to cover them completely. They brown evenly all over and there is no risk of breaking.

Fritter and Doughnut Mixtures and Their Cooking

We now come to the consideration of batter and dough mixtures. I class them together because they are really first cousins, one being thin, the other thick, both containing practically the same ingredients only in somewhat different proportions. With batters or doughs a frying basket is rarely used. It may indeed be left in the frying kettle so as to facilitate the removal of fritters, doughnuts, or crullers from the fat all at one time, but obviously they cannot be laid in it, then lowered into the frying kettle as in the instance of croquettes, oysters, or fish, as they would stick to the wire of the basket.

Some fritters are of round or ball shape and, like doughnuts, are cooked in deep fat; others, where the batter is used as a surface coating rather than as the main ingredient, as in apple fritters or oyster fritters, are usually sautéd.

The term "batter" comes to us from the French and literally means "to beat" from which it will readily be understood that the ingredients for a batter must be thoroughly beaten. Some cooks insist that a batter must be made in a flat dish using the slogan, "The flatter the platter the better the batter," but most of us are accustomed to mixing our batter in a bowl and there is no reason why this method should not be followed. All batters, whether for fritters or griddle cakes, are better if allowed to stand an hour or two

in a cool place before being cooked, for batter mixtures are usually cooked quickly and for a brief period of time only, and by allowing them to stand after mixing the starch grains in the flour become properly swelled and are therefore rendered more digestible than if the batter were mixed and cooked at once. If, however, stiffly beaten whites of eggs are to be used in the batter these should be added just before cooking.

A fritter batter may be heavy or thin according to the kind of fritters to be prepared. Where it is used merely as a coating batter a thin mixture is preferable and the fritter is best if sautéd, this method of cooking being a slower one and of longer duration.

For a ball fritter which is intended to keep its round shape a heavier batter is required. The use of a little melted shortening in a fritter batter prevents its absorbing fat, while the lemon juice gives crispness and detracts from the over-richness.

Croquettes

Croquettes really come under the head of frying and are roughly divided into two classes—sweet and savoury—the savoury generally having for their base a thick white sauce to which meat, fish, vegetables, or fruits are added to make up the croquette. Occasionally savoury croquettes may have a base of rice, macaroni, or potato, to which fish or meat is added in smaller proportions than would be the case with a white sauce base. They are used, perhaps, partly as a matter of economy, the less costly vegetable or cereal extending the more expensive meat. Sweet croquettes also are sometimes made with a foundation of rice, and indeed the rice without any meat or fruit makes a good croquette, flavour being added by the sweet sauce or fruit compote served with it. When white sauce is not used, a binder in the form of white of egg or whole egg must take its place.

The general proportions of meat or fish are one and one half to two cupfuls to each cupful of thick white sauce, but these proportions can be varied according to the amount of meat or fish available, except that when the supply of the main ingredient is scant, its bulk should be made up by the

addition of bread crumbs, cracker crumbs, or perhaps some left-over vegetable, otherwise the finished croquettes are apt to be too moist; for instance, to a cupful of white sauce, when only two-thirds cupful of meat or fish is available yet a certain quantity of bulk must be provided, add diced cooked carrot, turnip, peas, or celery, or even crumbled bread, but where the dry ingredient is bland or negative in flavour something savoury, such as a little poultry dressing, a few drops of onion juice, Worcestershire sauce, or minced herbs must also be added to give snap and flavour. Croquettes, whether sweet or savoury, are almost without exception coated with egg and bread crumbs as described in the process of frying. Various croquettes will be found under their proper headings.

A Few Frying "Dont's"

1. Don't overheat and thus burn the food.
2. Don't drop the food to be fried into the fat, lower it gently.
3. Don't lower the heat of the fat by attempting to cook many articles in it at one time.
4. Don't attempt to do other work while frying, the process needs the cook's entire attention.
5. If the fat should catch fire don't pour water on it—sand, dirt, flour, salt, or a heavy rug will smother the flames; water will only spread them.

Rissoles

In rissoles we have another excellent method of using up even the tiniest left-overs of fish, meat, or sweets. They are made from either thinly rolled-out pie-crust dough, cut into rounds on each of which is placed a teaspoonful of filling which may be, for instance, cooked left-over fish moistened with its own juice, minced chicken or turkey, ham or tongue, fresh or canned fruit with rice or stale cake crumbs. The filling is placed on one half of each round, the edges moistened and the other half of the pie crust folded over the filling. The rissoles are then egged and crumbed and fried in deep fat in the same manner and at the same temperature as croquettes.

The Frying of Raw Vegetables

Potatoes are the first vegetables to come to mind when we think of frying vegetables, and there are many ways in which they can be prepared, a few being French-fried potatoes, shoestring potatoes, lattice potatoes, potato balls, potato curls, soufflé potatoes, and Saratoga potatoes. When it comes to sweet potatoes, French frying is about the only familiar method of cooking them raw, because, on account of their texture, they are not well adapted to the methods indicated for white potatoes except perhaps potato balls.

Raw onions lend themselves particularly well to frying as a method of cooking, especially in the form of Spanish onion rings, although they may be sliced, dipped into thin batter, and fried. Celery and cauliflower also may be prepared in this way.

For directions regarding the frying of raw vegetables, vegetable fritters, etc., see vegetable section of this book.

Raw Meats and Fish

Certain raw meats and fish may be fried, such as thinly sliced veal cutlet, breaded lamb, veal chops, or fillets of fish, etc. Directions for all of these will be found under their several headings.

Light Fritter Batter

¾ cupful flour
¼ teaspoonful salt
2 eggs
½ cupful water
1 teaspoonful melted butter or salad oil
½ teaspoonful lemon juice

Sift together the flour and salt, make a slight hollow in the centre and into this put the yolks of the eggs, the lemon juice, and half the water. Mix with a wooden spoon, add the remainder of the water gradually, beating hard and pressing the batter against the sides of the bowl to break up any lumps. Add the whites of the eggs, which have been beaten until stiff, just before the batter is to be used.

Apple Fritters

(Using light fritter batter)

3 large apples
1 tablespoonful lemon juice
Sifted sugar
3 tablespoonfuls sugar
Light fritter batter

Core and pare the apples, then cut them into slices about one-third inch thick. Sprinkle with the lemon juice and sugar and let stand in a cool place for half an hour. Dip each slice into the batter, allowing any excess batter to drain off, and fry in deep fat hot enough to brown a piece of bread in one minute—350 degrees F.; or sauté if preferred. Drain on crumpled soft paper and sprinkle with sifted sugar.

Peach Fritters

Substitute one and one-half cupfuls diced peaches which have been pared and the stones removed for the apples in the above recipe.

Apricot Fritters

Substitute one and one-half cupfuls of diced apricots which have been pared and the stones removed for the apples in the above recipe. Add two tablespoonfuls of flour to the recipe to absorb the extra moisture of the apricots.

Banana Fritters

Substitute four diced bananas for the apples in the first recipe and omit the sugar.

Pineapple Fritters

Substitute one cupful of well-drained diced canned pineapple for the apples in the first recipe and omit the sugar.

Heavy Fritter Batter

1⅓ cupfuls flour
1½ teaspoonfuls baking powder
⅓ teaspoonful salt
½ cupful milk
2 eggs
1 teaspoonful salad oil or melted butter

Sift together the dry ingredients, make a hollow in the centre and into this pour the well-beaten eggs, the milk, and the oil or melted shortening. Beat thoroughly to a stiff batter and if possible set aside for one hour to ripen before using.

Fruit Fritters

To the mixture for heavy fritter batter add one-half cupful of sliced apples, peaches, or bananas, sweetened to taste, or an equal quantity of very well-drained canned or stewed fruit. Drop by small tablespoonfuls into deep fat hot enough to brown a bit of bread in one minute—350 degrees F.—and

cook about two minutes, turning occasionally. Drain on crumpled paper, dust with sugar, and serve as a sweet entrée or dessert with a fruit sauce.

Corn Fritters

Observe the proportions and directions for fruit fritters, using instead of fruit an equal quantity of corn cut from the cob, or use canned corn, adding an extra tablespoonful of flour.

Savoury Meat Fritters

Follow the recipe for fruit fritters, substituting for the fruit an equal quantity of minced cooked meat as ham, tongue, or left-over sausage, or highly flavoured grated cheese. Do not dust with sugar for serving. Use as the main course at luncheon or supper.

NOTE: Further fritter recipes will be found in different sections of this book.

Ball Fritters

¼ cupful butter or a substitute
¼ cupful flour
½ teaspoonful salt
⅔ cupful milk
3 eggs

Melt the butter or substitute in a saucepan, add the flour and salt and stir until thoroughly blended. Then add the milk, stir until boiling, and cook about two minutes or until the mixture forms a ball and leaves the sides of the pan clean. Cool slightly, break one egg, and beat thoroughly into the cooked mixture, at first it will be soft and sloppy but it will gradually become incorporated. Add the remaining eggs, one at a time, beating each in thoroughly before adding the next. Drop portions the size of a walnut into deep fat hot enough to brown a piece of bread in one minute—350 degrees F.—and cook about two minutes, turning the fritters about constantly so that they may be evenly browned. Drain and serve as a sweet entrée with a sauce or fruit compote.

Doughnuts

1 quart flour
3 teaspoonfuls baking powder
1 cupful sugar
½ teaspoonful salt
1 teaspoonful grated nutmeg
2 tablespoonfuls melted shortening
1 egg
1 pint milk
½ teaspoonful vanilla extract

Sift all the dry ingredients together. Beat the egg and add to it the milk, melted shortening, and vanilla. Pour these into the dry mixture and work to a light dough. Roll half an inch thick on a floured board, cut out with a doughnut cutter, and drop gently into deep fat hot enough to brown a piece of bread in one minute—350 degrees F. As soon as the doughnuts rise to the top of the fat, turn them over with a fork, so that the entire surface will be evenly coloured. Cook about three minutes, drain on crumpled unglazed paper, and dust with confectioner's sugar if desired.

Rich Jelly Doughnuts

2 cupfuls flour
2 teaspoonfuls baking powder
¾ teaspoonful salt
¼ teaspoonful nutmeg
⅓ cupful sugar
1 egg
Scant ½ cupful milk
2 tablespoonfuls melted butter or substitute
Jelly

Sift together all the dry ingredients; beat the egg thoroughly, add the milk and melted shortening to it and use to moisten the flour mixture. Turn on to a floured board, roll out half an inch thick, cut into rounds with a large-sized cutter and put a teaspoonful of jelly in the centre of each round. Wet the edges of the rounds with milk or water and gather the dough up carefully around the jelly. Fry in deep fat hot enough to brown a piece of bread in one minute—350 degrees F. Drain on soft crumpled paper and roll in confectioner's sugar before the doughnuts are actually cold.

Crullers

Use the recipe given above for rich jelly doughnuts. Cut the dough into long strips, roll slightly with the hands, double and twist the two portions together, pressing firmly that they may not untwist. Fry as directed for the doughnuts.

Afternoon-Tea Snowballs

Instead of gathering together the cut-out centres of doughnuts, fry them as they are, then roll in a frosting made by moistening confectioners' sugar with just enough water to soften it, and in finely grated cocoanut.

Nut Balls

Roll in finely chopped nut meats.

Rich Frosted Doughnuts

⅔ cupful water
1 tablespoonful butter
⅔ cupful flour
½ teaspoonful salt
3 eggs
1 teaspoonful baking powder

Bring the butter, water, and salt together to boiling point. Sift and add the flour and cook over a gentle heat, stirring constantly, until the mixture forms a stiff ball, leaving the sides of the saucepan clean. Cool, then break in the eggs, one at a time, and beat each in thoroughly before adding the next. Last of all beat in the baking powder. Turn the mixture into a pastry bag and force it out in rings on to a board or paper. Lift very carefully with a cake turner and drop gently into deep fat hot enough to brown a piece of bread in one minute—350 degrees. Cook about one and one-half minutes, turning two or three times during the cooking process. Drain thoroughly on crumpled unglazed paper and when cold frost with a water frosting or fruit-juice frosting.

Raised Doughnuts

(Three and one-half hours)

1 compressed yeast cake
1½ cupfuls milk, scalded and cooled
4½ cupfuls flour
½ teaspoonful salt
½ teaspoonful nutmeg
½ cupful sugar
A scant ¼ cupful shortening
2 eggs

Dissolve the yeast in the milk, add one cupful of flour, beat well and set aside to rise in a warm place until the batter is light and bubbles appear—about one hour. Meanwhile, cream the sugar and shortening and sift the remaining flour with the salt and nutmeg. Add these gradually with the eggs well beaten to the first mixture. Knead five minutes, place in a well-oiled bowl, cover, and set to rise again for about one and one-half hours. Turn on to a floured board, roll one-third inch thick, cut with a doughnut cutter, cover, and again leave to rise until light—about three-quarters of an hour. Drop into deep hot fat—350 degrees F.—cook about three minutes, drain on soft crumpled paper, and when cold sprinkle with granulated or confectioner's sugar.

Jelly Doughnuts

Roll the dough thinner than for ordinary raised doughnuts, cut with a large biscuit cutter, put a half teaspoonful of firm

jelly in the centre of each piece of dough, brush the edges with milk or water, and gather them together over the jelly so that no cracks are left. Lay them on a floured board, smooth side uppermost, to rise, and fry as directed.

Oyster Fritters

1 solid cupful oysters
⅛ teaspoonful grated lemon rind
Slight grating of nutmeg
1 cupful flour
¼ teaspoonful salt
1 teaspoonful baking powder
1 egg
½ cupful milk
⅓ teaspoonful salt (additional)
⅛ teaspoonful paprika

Scald the oysters in their own liquor, drain, and set aside to chill. Sift together the flour, quarter teaspoonful salt, and baking powder, add the egg, well beaten, the milk, the third teaspoonful of salt, paprika and lemon rind, also the nutmeg. Stir in the oysters and drop the batter by spoonfuls into deep fat hot enough to brown a piece of bread in one minute—350 degrees. Cook about one and one-half minutes.

If desired, half oyster liquor and half milk may be used to moisten the batter.

Fish Fried in Batter

½ cupful flour
½ teaspoonful salt
⅛ teaspoonful pepper
1 egg
⅓ cupful milk
1 teaspoonful salad oil
6 fillets of fish
1 teaspoonful lemon juice

Sift together the dry ingredients and moisten with the egg, milk, oil, and lemon juice. Wipe the fish with cheesecloth or soft paper, dip each fillet into the batter, and cook in deep fat hot enough to brown a piece of bread in one minute—350 degrees; or, if preferred, sauté the fish, in which case each portion must be turned over in the pan as soon as the lower side is browned. Garnish with parsley and cut lemon.

Fried Breaded Lamb Chops

6 rib lamb chops
1 egg
Bread crumbs
Frying fat
Salt and paprika

Trim any superfluous fat from the chops, dip them into slightly beaten egg, then into seasoned bread crumbs, and cook in deep fat hot enough to brown a piece of bread in two minutes—285 degrees F.

Breaded Veal Cutlet

1½ pounds veal cutlet — Bread crumbs
Egg — Salt and pepper
Tomato or brown sauce

Trim the cutlet and cut it into thin slices following the natural muscle formation of the meat. Dip each slice into slightly beaten egg, then into seasoned bread crumbs, and cook for three or four minutes in deep fat hot enough to brown a piece of bread in two minutes—285 degrees; or sauté. Serve with tomato sauce or brown sauce.

The Use of Two Kettles or Baths of Fat

Among the fried foods requiring very special treatment are the delicious French soufflé potatoes and whitebait, for which two kettles of frying fat are required, of different temperatures, one in which the fat is only moderately hot and the other in which the heat is very much more intense.

French Soufflé Potatoes

Potatoes — Frying fat
Salt

Cut as many potatoes as are needed into slices one-quarter of an inch thick, trim the sides and ends square, lay the potatoes in cold water for half an hour, then dry them thoroughly. (Use the ends for mashed or creamed potatoes.)

Have ready two kettles of frying fat, in one the fat should be only hot enough to brown a piece of bread in one and one-half minutes—325 degrees F. The fat in the other pan should register 375 degrees, or be hot enough to brown a piece of bread in forty seconds. Half fry the potato, that is, cook it without allowing it to colour in the first fat, drain thoroughly, then plunge into the second kettle of fat, stirring about while cooking, and allow to brown. They will swell out or "soufflé." Drain as directed and serve immediately.

It will do no harm to allow the potatoes to cool between the two fryings.

Whitebait

Whitebait — Frying fat
Flour — Salt and cayenne

In cooking whitebait (which should be delivered by the dealer in iced water) lift them from the water with a drainer and if possible without fingering them at all, for they are exceedingly tender, delicate little fish. Lay them gently on a cloth which has been thickly spread with flour, toss the flour over them, then turn them on to a sieve a few at a time to shake off superfluous flour.

Have ready two kettles of frying fat, one at a temperature of 325 degrees, the other at 375 degrees; cook a few of the whitebait for three minutes in the first kettle, drain, plunge into the hotter fat, and cook for one minute longer. In the meantime, a second portion may be cooking in the first kettle. Toss on crumpled paper, drain, and serve.

Whitebait should only be very delicately coloured not really browned. Sprinkle generously with salt and cayenne before serving and send to table accompanied by sauce tartare or melted butter.

Corn

Waving fields of corn
In a new land.

The day of thanks——
And corn for all.

The sound of pestles pounding——
Grinding meal——
Across the woods——
Friends miles away.

The hoe cake—Indian baked—with huckleberries—dried.

The games of chance—with grains of corn the stake
So great the worth.

The grain complete
Made into dishes strange and new
By daring housewives
English—French and Dutch.

A balanced meal—unrobbed corn
Ground and cooked to mush
And served with milk.

The firelight dancing on the walls
The boys and girls——
Young men and maids—all shelling the corn——
America!

CHAPTER XXI

VEGETABLES AND THEIR COOKERY

(All measurements are level)

THERE is much more to a vegetable than its name. The mention of almost any variety instantly suggests a favourite method of cookery but there may be an infinite number of ways of preparing it, equally delicious. To illustrate, to the majority, the word "pumpkin" brings to mind a quarter-section of pie; "potatoes" suggests a mound of butter-dripping fluffiness or a dish of fat-browned savouriness; while "cabbage" brings a vision of corned beef, spare-ribs, or ham.

Our vegetable repertory is bounded by our food habits, and although grown-ups, we are all in the class of children who say they don't like a dish, even though they have never tasted it. Consider a list of vegetables common to most sections: onions, winter squash, pumpkin, white and sweet potatoes, carrots, salsify, parsnips, turnips, beets, cabbage, and celery. There are few households in which these appear in any but the most conservative ways.

There are few housewives who have looked up the food value of vegetables or who consider them anything more than necessary evils. Their splendid cleansing bulk is forgotten. The blood-making and nerve-poising minerals are overlooked. The growth-producing elements are ignored, and the great economical angle, as extenders of more expensive foods, is almost unconsidered.

The United States is the only country where vegetables are used more as accessories than real foods. In Italy spaghetti with vegetable sauce and cheese, a salad, and coarse bread constitute a meal. The French use vegetables in preparing their main dishes, as casseroles, and the Chinese

cook their vegetables together with a very small amount of meat, not alone for flavour, but for actual food value.

Classifying Vegetables

Vegetables may be divided into several groups.

One—Meat Substitutes: These include all the legumes, as mature beans, pea beans, soup beans, lima beans, soy, kidney, and pinto beans; all mature peas including cow peas, peanuts, and lentils.

Two—Starchy Vegetables: White and sweet potatoes, corn, green peas, green lima beans, carrots, parsnips, winter squash, beets, turnips, and so on; although cereals, rice, hominy, and samp should also be included, as they are used in place of vegetables. Brown rice is preferable because it contains all the grain.

Three—Bulky Vegetables: Asparagus, onions, spinach, hop shoots, cabbage, all salad plants, dandelion greens, Swiss chard, celery, eggplant, radishes, tomatoes, summer squash, cucumbers, cauliflower, Brussels sprouts, etc. These vegetables are rich in salts or minerals, and contribute water to the diet as well as acting as ballast foods.

Four—Æsthetic vegetables (also bulky): Green and sweet peppers, parsley, watercress, red and white radishes, tomatoes and cucumbers. These really belong to the ballast group, but because of their piquancy often add the æsthetic note to a meal that redeems it from the commonplace.

General Composition of Vegetables

The key-note to the proper cookery of vegetables depends upon a knowledge of their composition.

While vegetables have certain definite missions, it must be kept in mind that almost all contain, in varying degree, the food constituents of each group, as minerals, starch, soluble protein, vitamines, cellulose, etc.—they are classified according to their predominating characteristic.

Vegetables are made up of innumerable cells, containing a watery material which holds in solution the sugar, protein, starch, and minerals. The principal mineral salts lie just

under the skin, so do the vitamines, which appear in greater or less degree in all vegetables.

Preparing Vegetables to Save Food Value

"Do you really know how to cook vegetables?" may seem a foolish question, but any one who cannot make all vegetables delicious; who discards the water in which they are cooked; who throws away the parings, and who does not know how to prepare them to conserve every atom of food value, does not know how to cook them.

Soaking

The one excuse for soaking vegetables in water before cooking is when they are withered or shrivelled. This should not be done after paring as the soluble materials dissolve into the water and are lost. Paring potatoes and soaking them is especially wasteful and robs the finished dish of nutriment and flavour.

The Water

All vegetables, to be boiled should be put into boiling (never cold) salted water, unless they are old, when a little baking soda should be substituted for the salt to break the tough woody fibre. Many an otherwise over-matured vegetable may be utilized in this way.

The water should barely cover the vegetables and be used as an accompanying sauce or drained into the stock pot.

Regarding Paring

The skins should be left on all vegetables to be boiled, except onions, tomatoes, cucumbers, and eggplant. The vegetable should be thoroughly scrubbed with a brush. The tops of beets, radishes, young turnips, and celery, and the outer leaves of all salad plants and cauliflower, may be cooked and used as greens, singly or in combination. The outer leaves of cabbage belong in the stock pot, or may be finely shredded and cooked in a vegetable soup or chowder. Tomato skins and onion peelings belong in the stock pot, and the tough ends of asparagus and pea pods should be used as foundation for cream soups.

When vegetables are cooked with the skins on, the parings may be discarded, but if they must first be pared, as when the vegetable is added to a casserole, they with their valuable mineral salts belong in the stock pot. Frequently vegetables may be served with the skins on, as French fried potatoes with the skins left on, baked or boiled potatoes, the skins of which should be eaten, creamed radishes, or unpared young squash and carrots.

Boiling is the most common method of cooking vegetables, but it is wasteful from several standpoints—actual food value, tonic properties, time in preparation, flavour, and fuel. The soluble, nutritive materials and tonic salts are dissolved in the water, which is usually discarded, leaving the vegetables with little flavour; and whenever two or more vegetables are used at a meal, an equivalent number of kerosene, gasolene, or gas burners are used.

The Seasoning of Vegetables

The seasoning of vegetables is a very simple matter when they are steamed or prepared in such a way that their natural flavour is conserved. Nothing further is needed beyond a judicious amount of salt, a little pepper, butter, or a good margarine, and for spinach, a bit of nutmeg. A little onion juice, or tiny button onions, are liked by many with peas or string beans, and it is often possible to combine the plain cooked vegetable with a different type of sauce to add variety, as cauliflower or potatoes with onion sauce, steamed, diced eggplant with mushroom sauce, or steamed cauliflower with tomato sauce. Occasionally a dash of mint may be used with peas, or carrots, and parsley, finely minced, may be used sparingly with nearly all vegetables. Green peppers are also excellent in nearly every vegetable dish. Many feel that a bit of sugar is needed in vegetable cookery. This is not true except when *all the flavour and nutriment are boiled out into the cooking water.* The use of sugar is an unnecessary waste.

Planning Vegetable Meals

All of our hotel men are including vegetable luncheons and dinners in their menus. In making up these menus one

should keep in mind the general rules for the balancing of the ration, and include one protein or muscle-making food, two or three starches, several bulky foods, and several minerals, a sweet, two fats, and a dissolvent.

Suitable dinner or supper combinations would be:

Vegetable Steamer Meal

Steamed Pea Beans with Tomatoes
Steamed Green Peppers with Corn Filling
Boston Brown Bread and Butter
Fruit Salad with Lettuce and Honey Dressing
Iced or Hot Tea

Vegetable Oven Meal

Escalloped Lima Beans with Green Peppers
Baked Whole Tomatoes Baked Potatoes
Rye Bread and Butter
Watercress and Cucumbers with French Dressing
Peach Shortcake with Biscuit Crust
Iced or Hot Tea

If not convenient to use one of the meat substitutes classified, the protein or muscle-making element may be supplied by the introduction of milk, cheese, eggs, or nuts, as in the following menus:

A Vegetable Dinner

Jellied Vegetable Bouillon (optional)
Steamed Rice and Nut Loaf with Steamed Tomato Sauce
Steamed Corn in the Husk
Butter
Steamed String Beans or Peas
Radish and Cucumber Salad French Dressing
Steamed new Apple Dumplings
Iced or Hot Tea

NOTE: Bread is not needed in this menu, as two starchy foods are introduced besides the vegetables.

A Cold Vegetable Supper

Vegetable Cocktail (optional)
Salad of Tomatoes Stuffed with Cottage Cheese and Peanuts
Mayonnaise
Oatmeal Rolls and Butter
Berries Plain Cake
Iced Tea or Grapejuice

The charm of these vegetable meals depends upon the way in which they are arranged; vegetables may be most appetizing or un-appetizing according to the way in which they are combined.

The vegetables are frequently served separated, on a dinner or compartment plate, by a piping of duchesse potato put on with a pastry bag and tube. They are often given a little extra seasoning of melted butter which is poured over just before they are served. While the balance of a vegetable meal may be completed by a meat substitute dish, eggs, or fish, a milk dessert, as baked or frozen custard, is really a protein, and occasionally the main course of the meal may be made up entirely of green vegetables, or those containing little protein, the dessert furnishing the muscle-making balance.

The following recipe is for this type of main course:

Vegetables Danish Style

Pile small boiled onions on a large platter, surround with a ring of seasoned string beans; divide the platter into sections with asparagus tips and in these place mounds of spinach, diced carrots, chopped buttered beets, peas or lima beans, or other vegetables in season.

Serve with Hollandaise sauce in a separate dish.

Here are two further vegetable dinner suggestions which are carried out in a different way: the first, which contains eggs, is of the usual type of vegetable meal; the second, built around salsify (oyster plant), depends for protein upon the mushrooms, egg yolks, sauce, and the cheese biscuits.

Salsify Platter Meal

2 bunches salsify
1 quart water in which ham has been cooked
¼ cupful celery leaves
6 cloves
1 bay leaf
½ tablespoonful lemon juice

Prepare the salsify as for boiling, cut into three-inch strips. Cook until tender in the ham water with the remaining ingredients, then drain. The ham water may be used as a basis for a cream of vegetable soup. Make a sauce of the following:

1 cupful white stock or vegetarian soup stock
1 cupful milk
3 tablespoonfuls butter
¼ pound diced mushrooms
3 tablespoonfuls flour
½ tablespoonful minced parsley
Few grains nutmeg
2 egg yolks
Salt and pepper to taste

Cook the mushrooms five minutes in the butter, add the flour, milk, and stock, stirring to prevent lumping. Add the parsley and nutmeg with salt and pepper to taste, then the salsify. Pour on to the egg yolks, slightly beaten, return to the heat for a moment or two, stirring constantly, but do not let the mixture boil. Serve around a mound of mashed potatoes, or as an accompaniment to potato croquettes. Cheese biscuits should be served with this dish.

WAYS TO PLAIN COOK VEGETABLES

It is a difficult matter to change a habit of generations; in spite of the fact that boiling always means a loss of nutriment, it will probably be generations before vegetables are steamed, as they should be.

If vegetables must be boiled the liquor in which they are cooked should act as foundation for an accompanying sauce, or put into the stock pot, or used as foundation for soup.

General Directions for Boiling Vegetables

If the vegetable is large it must be scrubbed, then cut in sections. If the sections are very small, remove the parings. If little time can be allowed, large vegetables may be cut or diced small and cooked in water to barely cover.

The water should always be salted, one teaspoonful to a quart of water. It should be boiling when the vegetables are introduced. The lid should be kept tilted to allow free circulation of air, and the vegetable should be cooked at a gentle boil. The specific preparation of each vegetable and the time of cookery are given in this section.

To cook Cauliflower, Onions, and other vegetables without cooking odours: Prepare as for boiling in a covered utensil and *boil in the oven.*

General Directions for Steaming Vegetables

The vegetables should be scrubbed, dusted with salt, and placed in a utensil which will fit into the steamer; if meat is

being boiled, the vegetable may be placed over it in a colander. The steamer or utensil should be tightly closed. The length of time allowed for the cookery is a little longer than for ordinary boiling, but all of the food constituents are retained, provided peelings are left on.

If pared and diced small in order to save time, the amount of butter needed, with a hint of pepper, may be added to the steaming vegetables so when done they are ready to serve. This may also be done with small whole white or sweet potatoes, peas, string beans, etc.

General Directions for Baking Vegetables

Vegetables may be baked in two ways:

(a) In the jackets
(b) In a casserole

When baked in the jackets, the vegetable should be scrubbed, rubbed lightly with a little fat or vegetable oil so the skins will remain tender and the vegetable pulp will not dry. To save time steam the vegetable fifteen or twenty minutes before putting in the oven. Place in a pan containing a little water, for baking, which keeps them from burning; the water will be evaporated when the vegetable is done.

White and sweet potatoes, parsnips, beets, turnips, carrots, onions, pumpkin, and winter squash may all be baked.

When vegetables are baked in a casserole, they are prepared as for boiling, half covered with boiling water or, in some cases, soup stock. Water, if used, is salted; soup stock is already seasoned. The vegetable is covered and allowed to boil in the oven until tender. This method is used when a meat or some other baked food is being prepared, to save fuel, time, heat in the kitchen, and food value.

All vegetables may be prepared in this way, the liquid is served as a sauce. It may be reinforced by half the bulk of undiluted evaporated milk or top milk, then thickened with a tablespoonful each of flour and butter creamed together to each cupful of liquid. The soup stock may be thickened by the same method.

This cream sauce is suitable for use with any vegetable. The soup stock should be used only for vegetables of strong flavour, as parsnips, onions, carrots, celery, etc.

Asparagus

Boiled

Brush the stalks to remove sand, scrape off the scales, cut off the tough lower ends, and tie the tips in bundles. Stand in boiling salted water, the tips extending above the water, cover, and boil gently till the *lower ends* are tender, from thirty to forty-five minutes.

For plain serving arrange on buttered toast, and pour over melted butter or cream sauce.

Steamed

Prepare as for boiled asparagus, place in the steamer and steam forty-five to sixty minutes.

Jerusalem Artichokes

Boiled

Wash the artichokes, scrape, and drop at once into cold water containing one-half tablespoonful of vinegar to each pint, to prevent discolouration. Rinse, then plunge into boiling salted water and cook until tender, about forty to fifty minutes. To serve, drain, cut the artichokes in thin crosswise slices, or in dice, dust with salt and pepper, and pour over melted butter, sprinkle with minced parsley or lemon juice, or a little mace or nutmeg.

Steamed

Prepare the artichokes as for boiling, dust with salt and pepper, and steam until tender from forty-five minutes to one hour.

French or Globe Artichokes

Boiled

Cut the stems even with the leaves. Remove the withered outer leaves and the next layers as long as they feel hard. Cut the top leaves straight across with the scissors. Drop each as prepared into cold water containing one-half cupful of vinegar to each three pints of water. In thirty minutes drain and wash thoroughly in running water. Drain again and cook in boiling salted water until tender—from thirty to sixty minutes. Halve or quarter the larger ones before cook-

ing. Serve plain with Hollandaise, tartare, cream, or Béchamel sauce, or drawn butter.

Steamed

Prepare globe artichokes as for plain boiling, sprinkle with salt, and steam until tender, from thirty to sixty minutes, according to age.

String Beans

Boiled

Wash the beans and remove the strings by means of a sharp knife. If young and tender, leave the beans whole; if large, cut in diamond-shaped pieces. Put the beans in boiling salted water and cook until tender, forty-five to sixty minutes. Season with salt, pepper, and butter, or add half as much milk as there is liquor and thicken with flour and butter rubbed together.

Steamed

Prepare as for boiling, add a little butter, salt, and pepper, and steam from forty to sixty minutes.

Fresh Lima Beans

Boiled

Remove the beans from the pods, wash them and boil until tender, from forty to sixty minutes, in salted water to barely cover. Serve plain with a seasoning of butter, salt, and pepper, or with cream sauce, as directed above.

Steamed

Follow the directions for steamed string beans.

Beets

Boiled

Trim off only the rootlets and leave sufficient leaf stalks to prevent loss of juice. Scrub and cook in rapidly boiling salted water until the beets are tender. Young beets require forty-five minutes to an hour, old ones two hours or more. When done, plunge in cold water, let stand a few moments, when the skins may be easily rubbed off.

Steamed

Prepare the beets as for boiling; sprinkle with salt, and steam until tender, from an hour to an hour and a half for young beets, two and a half or three hours for old beets.

Cabbage

Boiled

Cabbage should not be boiled a long time, as this changes its colour and affects the ease of assimilation.

Chop the cabbage fine as for salad, plunge into boiling salted water; boil rapidly ten to twelve minutes, drain, add a little pepper and butter, and serve in any way desired. If the cabbage is shredded, twenty-five minutes should be allowed for the cookery, and if it is a small cabbage, cut in quarters or eighths, forty-five minutes should be allowed.

Steamed

Prepare as for boiling, season with salt, pepper, and butter, and steam a third longer than when boiled.

Carrots

Boiled

Whenever possible carrots should be boiled with the skins on. Remove the tops, scrub the carrots well, and, if small, put on to cook whole in salted boiling water. If large, cut them in halves or quarters, lengthwise. The length of time to cook tender depends somewhat on the age of the carrots, from thirty to fifty minutes. If cut in dice and tender they will cook in twenty minutes.

Steamed

Scrub them well, dust with a little salt and steam until tender, from forty minutes to an hour, according to age. If very large cut in halves or quarters lengthwise.

Celery

Boiled

Cut the celery in dice or short lengths, after cleaning and removing the strings. Plunge into salted boiling water, and boil until tender, forty-five to fifty minutes.

Steamed

Prepare as for boiling. Dust sparingly with salt and steam until tender, from an hour to an hour and a quarter.

Celeriac (Celery Knobs)

Boiled

Scrape the celeriac, remove the green tops and the little rootlets; plunge into boiling salted water and boil until tender, about forty-five minutes. Drain and use with butter or as desired.

Steamed

Cut off the green tops from the celeriac and remove the little rootlets. Dust with salt and steam until tender, about an hour, then peel and use as desired.

Swiss Chard

Boiled

Separate the tops from the stalks and cut the stalks into sections. Cook in boiling water to cover, and when half done, about thirty minutes, add the leaves and cook thirty minutes longer. Drain, chop, and season to taste with salt, pepper, and butter.

Steamed

Prepare according to preceding directions, allowing thirty minutes longer for steaming.

Green Corn

Boiled

Remove the outer husks, leave the inner layers. Strip these down, pull off the corn silk or brush off with a stiff dry brush. Put the husks back over the corn and put it in rapidly boiling water, containing no salt (this hardens the kernels), boil rapidly from seven to ten minutes, according to age. Drain, remove the husks, and serve preferably buttered by pouring melted butter over it. If possible, provide corn forks, which are thrust into the ends of the cobs.

Steamed

Prepare according to the preceding directions and steam ten to fifteen minutes.

Cucumbers

Boiled

Pare the cucumbers, cut cross-wise into thick slices, boil until tender in salted water to cover, about twenty minutes. Drain and serve with cream sauce.

Steamed

Prepare as directed above and steam for thirty minutes.

Eggplant

Boiled or Steamed

Prepare as for cucumbers.

Spinach

Boiled

Remove the wilted leaves and cut the spinach from the roots, discarding the latter. Wash the leaves three or four times in tepid water, rinse in hot water to precipitate any remaining grit. Put in a kettle with one tablespoonful salt to a peck, cover, and cook gently from twenty to thirty minutes in its own juice. Chop and season with pepper and three tablespoonfuls of butter.

Okra

Boiled

Slice the okra across, as preferred. Allow a quart to a half pint of boiling water. Simmer twenty minutes, add a half teaspoonful of salt and one-eighth teaspoonful of pepper; cook twenty minutes longer. This should be cooked carefully at a slow heat as it needs very little water. Season with butter or butter and lemon juice.

Onions

Boiled

If the onions are small or medium sized, they may be peeled and cooked whole. If they are large they should be peeled and quartered or cut in thick crosswise slices. Place

in a saucepan with boiling salted water to cover, cook until tender, forty to sixty minutes. Drain and serve with a seasoning of butter, salt, and pepper or in white sauce. In no case should the onions be first boiled for ten minutes and the water then discarded. If cooked thoroughly they will never cause indigestion.

Parsnips

Boiled

Scrub the parsnips and remove any decayed or dark spots; do not peel them. Boil in the skins in salted water. When tender, scrape or rub with a rough cloth to remove the skin. The length of time varies with the age and size. If very large, it is advisable to cut them in quarters. The general length of time for boiling is from an hour to an hour and a quarter. Use plain buttered, mashed, or as desired.

Steamed

Prepare the parsnips as for boiling, put them in a steamer, sprinkle them with salt, and steam until tender, about an hour and a quarter; then rub off the skins.

Irish Potatoes

Boiled

Scrub the potatoes but do not remove the skins. Place in rapidly boiling salted water and boil from forty to sixty minutes, according to size, until the potatoes are perfectly tender when pierced with a fork. Drain; put the water in the stock pot. Shake the potatoes for a moment over slow heat to dry out and make them mealy, peel, and use as desired.

Steamed

Scrape the potatoes, dust with salt, and steam until tender, from forty to sixty minutes.

Sweet Potatoes

Boiled

Prepare and cook as for white potatoes.

Steamed

Prepare and cook as for steamed white potatoes.

Brussels Sprouts

Boiled

Remove yellow wilted outer leaves. Wash thoroughly in water containing a little vinegar, and boil until tender in salted water for about thirty-five minutes. Drain and use buttered, with cream sauce, or as desired.

Steamed

Prepare as directed for boiling and steam for from forty to sixty minutes.

Summer Squash

Boiled

Wash, cut in pieces crosswise, boil until tender in salted water. Drain and mash, or rub through a colander, and season with salt, pepper, butter, and a trace of sugar. The squash should not be peeled. Cook forty to fifty minutes.

Steamed

Prepare as directed for boiling, steaming the squash until tender, about fifty to sixty minutes.

Winter Squash

Boiled

Break open the squash, do not attempt to remove the shell. Take out the seeds and tough strings, place the squash in boiling salted water to barely cover, cooking until tender, about one and a half hours. Drain and scrape from the shell.

Steamed

Prepare as for boiling, steaming instead of boiling it; the length of time is about two hours.

Pumpkins

Boiled or Steamed

Observe the directions given for boiled or steamed winter squash.

Green Peas

Boiled

Shell the peas, save the pods for soup. Put the peas on to cook in salted boiling water barely to cover. If the peas are old add a teaspoonful of sugar. Simmer until tender. The cooking depends upon the maturity of the peas, from twenty to thirty-five minutes usually being sufficient. Season with a little pepper and a tablespoonful of butter to each pound of peas.

Steamed

Sprinkle the peas with a little salt and steam until tender, from thirty-five to fifty minutes, according to maturity. If desired, a tablespoonful of butter to each pound of peas may be dotted over before steaming.

Salsify (Oyster Plant)

Boiled

Remove the tops, scrape the roots, and drop into water to cover containing a little vinegar or lemon juice to prevent discolouration. When prepared, rinse, put into boiling salted water barely to cover, and simmer until tender, from twenty-five to thirty-five minutes. Drain and use buttered, creamed, or as desired.

Steamed

Prepare the salsify as for boiling, dropping it in the acidulated water; then drain, rinse, dust with a little salt and steam until tender, about thirty-five minutes.

White Turnips

Boiled

Remove the tops and wash the turnips. Cook in boiling salted water, from forty-five to sixty minutes. Remove the skins, season with salt, butter, and a little pepper, or serve in a cream sauce.

Steamed

Prepare as directed in the preceding recipe and steam from one hour to one hour and a quarter.

Yellow Turnips

Boiled

Remove the skin and cut the turnips in slices or dice, cook until tender, about an hour to an hour and a quarter, in boiling salted water. Drain and season with salt and pepper.

Steamed

Prepare as directed in the preceding recipe, steaming until tender, at least one hour and a quarter.

Kohlrabi

Boiled

Prepare and dice or quarter and place in boiling salted water. Simmer until tender, thirty-five to sixty minutes, according to age. Drain and serve with a seasoning of butter and pepper in white sauce, or with a little lemon juice. If desired, the kohlrabi may be peeled and cooked whole.

Steamed

Prepare as in the preceding recipe and steam at least an hour.

Vegetables with Crumb Butter

Asparagus, string beans, cauliflower, almost any creamed vegetable, as well as Brussels sprouts, new potatoes, and salsify may be served with crumb butter instead of plain butter.

To prepare sufficient for six people, melt one-half cupful of butter and add to it one and one-half cupfuls of dry coarse bread crumbs. Cook until golden brown and pour over the vegetable.

Creamed Vegetables

3 cupfuls cooked prepared vegetable $1\frac{1}{2}$ cupfuls white sauce

Combine the two ingredients in the top of a double boiler and heat over hot water. If desired, the white sauce may be made of equal parts of milk and the liquor in which the vegetable was boiled. These directions are suited to any kind of cooked vegetable.

Crumb butter may be used as a garnish to creamed vegetables. If it is desirable to increase the protein value, the creamed vegetables may be poured into a slightly beaten egg or two egg yolks to each pint, then cooked over hot water for two minutes.

The different vegetables that may be used in this way, together with suggestive seasonings, are as follows:

Radishes: Season further with celery salt.

Celery: Season further with onion juice or grated cheese.

Celeriac: Season further with paprika or onion juice.

String and Lima Beans: Season further with onion, salt, or cocoanut milk (fresh or canned).

Cauliflower, whole or diced: Season further with minced parsley.

Chopped Spinach: Season further with ground mace or nutmeg.

Mushrooms, whole or diced: Season further with mace or nutmeg.

Okra, whole: Season further with onion juice or chili sauce.

Parsnips, diced or quartered; White or Sweet Potatoes, diced: Season further with minced parsley, salt, or onion juice.

Cucumbers: Season further with minced green peppers.

Corn: Season further with paprika.

Beets: Season further with onion or lemon juice.

Cabbage, either chopped or shredded: Season further with onion juice or mustard.

Carrots, whole or diced; Eggplant, diced: Season further with nutmeg or lemon juice.

Salsify: Cut in inch lengths, with celery salt or shredded anchovies.

Peas: Season further with mint.

Eggplant Steak

Wash the eggplant and cut in crosswise slices a half-inch thick, leaving on the skin. Dust the eggplant with salt and pepper, brush well with melted butter, place in a broiler and broil slowly until the eggplant is tender, about ten

minutes, reversing when brown on one side. Serve with brown nut gravy.

Fried Eggplant

Wash the eggplant and cut in crosswise slices a quarter inch thick, cut these in halves, dust with salt, pepper, and flour, dip in egg slightly beaten and diluted with one-fourth cupful of water to each egg, then in fine dry bread crumbs, or equal parts crumbs and finely chopped nut meats. Place in a frying basket and fry until golden brown in deep fat hot enough to brown a bit of bread in one hundred counts, 325 degrees F.

Diced or Cubed Fried Eggplant

Pare the eggplant, cut in slices one inch thick and dice these to form inch cubes; toss in flour which has been seasoned with salt and pepper, then in egg and crumbs as described for fried eggplant, and fry as directed.

Mashed Eggplant

Peel the eggplant and cut it in thick slices, boil in water to cover, containing one teaspoonful of salt to the quart, until tender, about twenty-five minutes. Drain, mash, and season with a tablespoonful of butter and a little pepper to each pint of pulp.

Eggplant au Gratin

1 medium-sized eggplant
3 tablespoonfuls bacon fat
2 tablespoonfuls butter
2 tablespoonfuls flour
½ cupful stewed sifted tomato
1 cupful stock or 1 cupful water and 1 teaspoonful vegetable extract
½ teaspoonful salt
⅛ teaspoonful pepper
1 cupful grated cheese
2 tablespoonfuls buttered crumbs

Peel the eggplant and cut into large dice. Dust with flour and sauté in the bacon fat until golden brown. Make a sauce by blending the butter and flour, adding the sifted tomato, stock, and seasonings. Fill a baking dish with alternate layers of eggplant, sauce, and cheese. Sprinkle with the buttered crumbs and bake twenty minutes in a moderately hot oven—350–375 degrees F.

Vegetable Sausages

3 medium-sized carrots
2 medium-sized parsnips
4 medium-sized onions
1 cupful cooked dried peas
½ tablespoonful parsley
1 clove garlic, minced
½ teaspoonful kitchen bouquet
2 cupfuls fine dry bread crumbs
2 eggs
Salt and pepper to taste

Boil and mash the vegetables, add remaining ingredients; when cold roll into sausage shapes, egg and crumb, as directed in the section on deep fat frying, and fry until golden brown in deep fat hot enough to brown a bit of bread in forty counts—375 degrees F.

Mushrooms à la Poulette

1 pound mushrooms
4 tablespoonfuls butter
1 teaspoonful minced parsley
½ teaspoonful flour
1 cupful soup stock
2 egg yolks
1 teaspoonful vinegar

Wash and quarter the mushrooms and cut the stems in quarters; scald, drain, drop into cold water, drain again, and dry on a cloth. Melt the butter in a saucepan, add the mushrooms, cook three minutes, sprinkle with salt and pepper, add the parsley and the flour, stir in the stock, and simmer fifteen minutes; then add the egg yolks beaten with the vinegar. Serve on toast.

Broiled Buttered Mushrooms

Stem large mushrooms and place in a buttered wire broiler. Broil on one side, then turn and broil two minutes longer; sprinkle with salt and pepper. Remove to a hot serving dish and place in each a half teaspoonful of softened butter. Chopped parsley and olives may be added. Serve alone or on thin buttered toast.

Mushrooms Sauté

Peel and stem the mushrooms, sprinkle with pepper and salt, and place in a frying pan with two tablespoonfuls of butter. Cover the pan and cook from ten to fifteen minutes slowly, shaking gently. Serve immediately on buttered toast with a garnish of sliced lemon.

Squash or Vegetable Marrow, with Bacon

Peel and stem the squash or marrow, then cut in dice. For each three cupfuls of prepared vegetable, fry a good-sized onion in two tablespoonfuls bacon fat, add the squash, stir until well mixed, season to taste with salt and pepper, and serve with or without a garnish of cooked bacon.

Fried Summer Squash, or Vegetable Marrow

The vegetable should be washed but not peeled. Cut crosswise in one-quarter-inch slices and sauté in savoury drippings, first on one side then on the other, and season with salt and pepper; or egg and crumb and fry according to the recipe for fried eggplant.

Mashed Turnips

Mash and drain boiled, baked, or steamed turnips while hot, adding to each pint of pulp a tablespoonful each of milk and butter, pepper and salt to season. A beaten egg may be added to thicken, or about one third of either bread crumbs or potato may be combined with it.

Swedish Turnips

3 cupfuls cooked sliced turnips
1 small onion
¼ cupful vinegar
1 cupful boiling water
1 tablespoonful butter
1 tablespoonful flour
½ teaspoonful salt
½ teaspoonful sugar
⅛ teaspoonful pepper
2 egg yolks

Arrange the turnips in overlapping slices on a serving plate and pour over a sauce made of the remaining ingredients.

Combine the onion, vinegar, and water, boil twenty minutes, and stir in the flour and butter creamed together. When boiling, add the seasoning and gradually beat the sauce into the egg yolks. Pour boiling hot over the hot turnips and serve.

Stewed Tomatoes

Scald and peel enough tomatoes to make a quart coarsely diced. Place in an aluminum or granite-ware saucepan with one and one-half teaspoonfuls of sugar, one teaspoonful

of salt, and one-eighth teaspoonful pepper. Boil rapidly, uncovered, until mushy. If to be served plain, add a tablespoonful of butter, and if desired, a half cupful of coarse bread crumbs. A little minced onion may be stewed with the tomatoes for further seasoning.

Stewed Canned Tomatoes

Season as directed for fresh tomatoes, simmering about ten minutes.

Tomato Cheese Stew

1½ cupfuls finely cubed dairy cheese
1 quart canned tomatoes
1 pint milk
2 eggs, slightly beaten
1 teaspoonful salt
½ teaspoonful pepper
½ teaspoonful mustard
½ teaspoonful soda

Stew the tomatoes for fifteen minutes with the seasonings. Scald the milk and pour into the eggs. Add the soda and cheese to the tomatoes, and when the cheese is melted, combine the two mixtures, stirring constantly until boiling point has been almost reached. Serve at once with croûtons.

Tomatoes Baked, on Toast

6 medium-sized tomatoes, butter, salt, and pepper
6 slices buttered toast, grated cheese, or chopped nut meats

Wash the tomatoes and drop into boiling salted water and cover closely. Cook until tender, six to fifteen minutes, do not allow them to become mushy. Pull off the skins, place each on a slice of buttered toast. Slice off the tops, put in each opening a bit of butter, sprinkle with salt and pepper and then with grated cheese or chopped nuts, or with the crumb butter mentioned in this section and bake till browned. Serve with or without white savoury egg sauce.

Plain Baked Tomatoes

Scald the tomatoes and pull off the skins. Then cut crosswise in halves. Place each half, cut side down, on a piece of buttered bread or toast, dust with salt and pepper and a bit of sugar, place in a baking dish, and bake fifteen minutes in a hot oven, 375 degrees F. If desired, the toast or bread may be covered with minced or devilled ham before the tomatoes are laid on it, or thin slices of bacon may be laid over the tomatoes when put into the oven.

Fried Tomatoes

Select firm tomatoes, do not remove the skins. Cut in half-inch slices, dust with salt and pepper and a trace of sugar. Dip in flour and sauté in butter, vegetable fat, or savoury drippings until brown. Serve as a garnish to meat or as a supper or luncheon dish on toast, with white or egg sauce.

Tomatoes Fried in Deep Fat

Prepare the tomatoes according to the preceding directions; after dipping in flour cover them with beaten egg, as in making croquettes, then with fine dry bread crumbs. Place in a frying basket and fry in deep fat hot enough to brown a bit of bread in sixty counts—350 degrees F. Serve as directed above.

NOTE: Green tomatoes may be used if desired.

Tomato Fritters

Slice firm, unpeeled ripe or green tomatoes in half-inch pieces crosswise. Dip in batter (see section on Deep Fat Frying), and fry in deep fat hot enough to brown a bit of bread in one hundred counts—325 degrees F. Serve plain or dust with sugar.

Young Onions on Toast

Allow four young onions to a person, cutting the tops off to within three inches of the bulbs (put the tops in the stock pot). Boil the onions till tender in salted water to cover, then drain, reserving the liquor for cream of onion soup. Arrange on buttered toast and pour over a little melted butter.

Pickled Beets

1½ cupfuls mild vinegar
1 cupful water
½ teaspoonful pickle spice
¼ cupful sugar
2 cupfuls sliced cooked beets

Scald the vinegar with the sugar and pickle spice, add the water and the beets, cover, and let stand at least twenty-four hours before using.

Vegetables Jardinière

Whenever this term is used, it implies a group of vegetables, part of them at least green. They are usually served in a Béchamel or white sauce, the choice depending on the food the vegetables are to accompany. For instance, meat would call for a meat sauce, fish, for a white sauce. Suitable groups are potato balls, peas, diced carrots; corn, lima beans, flowerets of cauliflower, diced carrots, diced celery, and a sprinkling of parsley; Brussels sprouts, chestnuts, cooked red radishes, and diced yellow turnips. Vegetable jardinière is often known as a macédoine of vegetables.

Stuffed Vegetables

Various vegetables may be prepared, then stuffed, baked, and served as the main course at luncheon, supper, or an informal dinner, or as an accompaniment to meat or fish, according to the type of stuffing used. This is an excellent way to utilize odds and ends of fish or meat, or to prepare appetizing meat substitute dishes.

The method of preparation differs according to the type of vegetable, but the method of baking is always the same, and is as follows:

Place the stuffed vegetable in a baking dish or pan containing just enough water or stock to keep the vegetable from sticking. Bake until tender. If the vegetable is small, as tomatoes or peppers, they may be served upon buttered toast or rounds of fried bread. The sauce may be used as an accompaniment. Suitable sauces are tomato, white, sweet pepper, Béchamel, egg, or savoury egg, or in case of tomato with a savoury filling, a fish sauce offers an interesting variety.

Vegetable Stuffings

See section on Meats. Any one may be chosen that fits.

Tomatoes

Select firm, medium-sized tomatoes. Cut off the blossom ends, scoop out the pulp to form cups, fill with the desired stuffing, cover the tops with buttered crumbs, and bake as desired.

Peppers

Use only sweet peppers. Cut them in halves lengthwise. Remove the pith and boil the peppers for five minutes. Fill with desired stuffing and finish as directed.

Beets

Boil large beets until tender, rub off the skins, hollow out the beets to form cups, and fill with the desired stuffing. Finish as directed.

Eggplant

Select medium-sized eggplants, boil for twenty minutes, then cut in halves crosswise, scoop out the pulp to within a half inch of the edge, mash and add to it an equal quantity of fried bread crumbs, two tablespoonfuls minced green pepper, half teaspoonful salt, and one-eighth teaspoonful pepper, a half cupful of chopped nut meats, chopped smoked salmon, or cooked minced ham. Heap into the shell, cover with buttered crumbs, and bake about twenty minutes longer.

Cucumbers

Select small stubby cucumbers. Boil them for twenty minutes then cut in halves crosswise and finish as for stuffed eggplant. If desired, grated cheese may be substituted for the nuts, fish, or ham.

Cabbage

Select a medium-sized cabbage and cut off the top. Hollow to form a shell and fill with any desired stuffing, or with half the mixture for meat loaf (see section on Meats). Wrap in a piece of cheesecloth and boil or steam for forty-five minutes. Serve with tomato sauce.

Green Corn Fritters

2 cupfuls grated fresh corn
½ teaspoonful salt
⅙ teaspoonful paprika
½ teaspoonful baking powder
1 egg, well beaten
Fine dry bread crumbs

Add the corn pulp with the seasonings and baking powder to the well-beaten egg. Stir in enough bread crumbs to absorb moisture—the mixture should be soft enough to drop

easily from the spoon. The quantity of bread crumbs cannot be given as some corn is more liquid than others. Drop by tablespoonfuls into a shallow pan in which two tablespoonfuls of butter or a substitute have been heated, cook until golden brown, and drain on crumpled soft paper.

Canned Corn Fritters

Substitute canned for fresh corn and proceed as directed in above recipe.

Sautéd Green Corn with Peppers

3 tablespoonfuls butter or margarine
2 medium-sized green peppers
4 cupfuls corn scraped from cob
¾ teaspoonful salt
⅛ teaspoonful pepper or paprika

Remove the white connecting pith and seeds from the peppers, mince them finely, and cook in the butter or margarine for five minutes. Stir in the corn and seasonings, cook until tender and very slightly browned—about seven minutes.

Succotash

This old Indian dish is best made with green corn and young beans, string beans, kidney, lima, or any other form of shelled beans. Of the canned or dried beans the lima or kidney beans are best. Allow twice as much corn as beans, and cook the latter first, whether dry or green. When the dried beans are used soak overnight and cook long and slowly till tender before adding the corn. If green, the time of cooking must depend upon the age of the beans, usually from twenty to thirty minutes being allowed. Just before adding the corn stir into the beans a tablespoonful each of flour and cream (or butter) blended. Add the corn scraped from the cob, or use canned corn and cook gently about five minutes longer; season to taste.

Vegetables Cooked in Milk

Vegetables which are not too acid in character may be cooked directly in milk. If the milk is not perfectly fresh, it is better to use evaporated milk in the proportion of a little more water than milk.

The process is as follows:

Cut the vegetables in dice or small pieces, rinse thoroughly

and place in a double-boiler top with milk to cover. Add a few grains of baking soda and cook, covered, over hot water until the vegetable is tender. A tablespoonful of butter creamed with a tablespoonful of flour should then be added to each cupful of milk used, and salt and pepper to taste.

This means of cookery conserves all the vegetable nutriment. When prepared in this way, the vegetable may be used as the main dish at dinner or supper.

Vegetables that can be cooked in milk:

Asparagus
Celery
Fresh peas
Tender string beans, diced
Winter or summer squash, sliced
Onions, diced
Cucumbers
Oyster plant
Green corn
Potatoes

Jerusalem Artichokes Creamed with Mushrooms

2 cupfuls cubed, steamed, or boiled Jerusalem artichokes
1 cupful cubed, canned, or fresh mushrooms
3 tablespoonfuls butter
2 tablespoonfuls flour
1 teaspoonful salt
⅛ teaspoonful pepper
1 teaspoonful minced parsley (optional)
Few grains mace
2 cupfuls milk

Melt the butter in a saucepan, add the mushrooms, and cook gently for five minutes, stirring occasionally. Stir in the flour, seasonings, and parsley, gradually add the milk, and when the mixture boils, the diced artichokes. Let stand ten minutes over hot water to reheat.

Mashed Parsnips

6 parsnips mashed or
2½ cupfuls pulp
1 tablespoonful minced parsley
2 tablespoonfuls butter
1 tablespoonful lemon juice
¼ teaspoonful paprika

Peel the parsnips, cut into quarters, and cook in boiling salted water until tender. Drain, mash thoroughly, and season with the butter, paprika, and lemon juice. Pile in a dish, roughen the surface with a fork, and serve garnished with the minced parsley.

Parsnips Baked with Bacon

Select small, tender parsnips and allow two for each person. Boil or steam them until tender, remove the skins, and stack

them up cord-wood fashion in a fireproof baking dish. Sprinkle them with salt, pepper, and a trace of sugar, and lay over thin strips of bacon. Place in a hot oven—375 degrees F.—and bake until the bacon is crisp.

Flemish Carrots

2 bunches young carrots (10 carrots)
Boiling salted water
2 tablespoonfuls butter
3 tablespoonfuls minced onion
1 cupful stock
1 tablespoonful minced parsley
⅛ teaspoonful pepper
1 teaspoonful sugar

Wash the carrots and cook until tender in boiling salted water. Rub off the skins with a cloth and slice. Cook the onion in the butter until yellow, add the carrots, seasonings, and stock and simmer for twenty minutes. Add the parsley just before serving.

Baked Winter Squash

Scrub the squash, cut it in halves crosswise, and scrape out the seeds and pulp. Then cut the squash in four-inch squares and place in a good-sized pan containing a little water. Place in a moderate oven—350 degrees F.—and bake until the pulp is soft, about an hour, basting occasionally with a little hot water and butter. When nearly done, sprinkle with brown sugar, dot with butter, sprinkle over a little parsley if convenient, finish baking, and serve a square to each person.

Mashed Winter Squash or Pumpkin

To three cupfuls of sifted or mashed steamed or boiled winter squash or pumpkin add three tablespoonfuls of butter or undiluted evaporated milk, one-half teaspoonful salt, one-fourth teaspoonful of pepper. Beat until light and serve in place of mashed potato. Or combine with an equal part of mashed potato.

Plymouth Pumpkin or Squash

Prepare the recipe for mashed pumpkin or winter squash, seasoning it further with a half cupful of tomato catchup or chili sauce. Transfer to a buttered baking dish, cover thickly with grated American or Parmesan cheese and one-

half cupful of coarse bread crumbs mixed with a tablespoonful melted butter, and brown in a hot oven.

Braised Celery

The outer stalks of 2 heads of celery
2 cupfuls boiling water
¼ tablespoonful lemon juice
1 cupful good stock or gravy
Salt
Pepper

Wash and scrub the celery and cut in pieces two inches long. Cook for fifteen minutes in the boiling water, then drain (keeping the water for the stock pot). Add the stock or gravy and simmer the celery until tender. Season, add the lemon juice, and if unthickened stock is used thicken with two teaspoonfuls of butter rubbed smooth with two teaspoonfuls of flour.

Peas with Lettuce

2 pounds green peas
1 head lettuce
2 tablespoonfuls butter
Salt and pepper

Shell the peas and cook in just enough water to cover. After they have boiled five minutes add the lettuce shredded. Simmer gently until the lettuce is wilted and the peas tender; by this time the water in the pan should have nearly evaporated. Season with salt, pepper, and butter.

"Lady" Cabbage

Chop the cabbage fine, then plunge it into boiling water containing a teaspoonful of salt to the quart, and boil rapidly for twelve minutes. Drain, season with pepper and a little butter, sweet cream, or slightly soured cream, and serve.

Escalloped Vegetables

The term "escallop" presupposes the use of stale bread or cracker crumbs, or of a cooked cereal, or a prepared cereal such as corn flakes, used in combination with a moist food—fish, meat, vegetables, or fruit—with proper seasonings. An escallop is always baked and should be prepared in the dish in which it is to be served. This may be of earthenware or glass cooking ware, large or individual.

The ingredients should be placed in the baking dish in layers, the bread or cereal at the bottom, then the seasoned moist food with sauce or gravy, being careful to have the top

layer of cereal or crumbs buttered or blended with melted fat in the proportions of one tablespoonful of fat to one-half cupful of crumbs. Bacon or ham fat is excellent for this purpose where the escallop is of meat, fish, or vegetables, but butter or a substitute may be used if preferred.

The proportions commonly used are one and one-half cupfuls of stale crumbs or flaked cereal, or two cupfuls of cooked cereal—brown or uncoated rice, cooked hominy, cornmeal mush, or farina—to a quart of canned or stewed vegetables.

An escallop can be reinforced by the addition of grated cheese, hard-cooked egg, chopped nuts, or a small quantity of minced meat or fish.

Crumbled corn bread or corn muffins are excellent for use in an escallop, giving a rich, nutty flavour.

Vegetable Escallop Combinations

Escalloped Tomatoes

Two parts of solid canned tomatoes, one part of chopped cooked onions, whole-wheat bread crumbs, bacon or ham fat, and seasonings.

Escalloped Tomatoes, Rice and Cheese

One part of juicy canned tomatoes, two parts of cooked brown or uncoated rice, two minced pimientos or green peppers, one cupful of grated or chopped cheese, with seasonings.

Cabbage or Cauliflower au Gratin

Two parts of creamed cabbage, cauliflower, or other green vegetables, entire-wheat or corn bread crumbs, a little grated cheese and chopped hard-cooked egg, with seasonings. A cupful of minced cooked ham or corned beef may be added.

Escalloped Corn and Lima Beans

One can of corn, one cupful of cooked lima beans, fresh or canned (optional), two cupfuls of milk, two cupfuls of coarse bread crumbs, two minced pimientos or green peppers, with seasonings.

Escalloped Asparagus

One part of soft bread crumbs, two parts of thick white sauce, three parts of cooked diced asparagus (fresh or canned),

a few additional bread crumbs moistened with melted butter sprinkled over the top, and seasonings.

Baked Creamed Spinach

1 peck spinach
4 tablespoonfuls butter
½ cupful milk
2 eggs
Few grains nutmeg
½ cupful grated cheese
1 teaspoonful salt
¼ teaspoonful pepper
½ cupful fine dry bread crumbs

Clean and wash the spinach thoroughly, drain and cook gently until tender in its own juices—about twenty minutes. Drain again, then chop fine, add the butter, milk, salt, pepper, half the grated cheese, nutmeg, and the eggs well beaten. Turn into an oiled baking dish thickly dusted with bread crumbs. Sprinkle the remaining cheese and bread crumbs over the top, set the baking dish in a pan containing hot water, and bake about forty minutes in a moderate oven—350–375 degrees F.

Onions Baked in Milk

6 good-sized onions
2 tablespoonfuls flour or fine dry bread crumbs
¼ teaspoonful salt
⅛ teaspoonful pepper
1½ cupfuls milk
2 tablespoonfuls butter
2 tablespoonfuls grated cheese
2 tablespoonfuls bread crumbs (optional)

Peel the onions and parboil them in salted water for three quarters of an hour. Drain, place in a buttered baking dish, dust with flour or bread crumbs, and the salt and pepper blended together. Add the milk, dot with the butter, cover and bake for one hour. Sprinkle with the grated cheese mixed with the additional bread crumbs and cook longer to brown the cheese and crumbs.

Vegetable Custards

Vegetable custards are made by combining milk, eggs, seasonings, and vegetable pulp, and are best baked in individual custard cups. During the cooking these should stand in a pan of hot water in the oven and the temperature should be so low that the water surrounding the custards never actually boils. The milk should be scalded, then poured on to the beaten eggs, beating while pouring, after which the vegetable pulp and seasonings should be stirred in and the mixture cooked at once.

Suggested Combinations for Vegetable Custards

Asparagus Custard

Two cupfuls of diced cooked asparagus, one cupful of stale white bread crumbs, three cupfuls of scalded milk, two eggs, one teaspoonful of salt, one-eighth teaspoonful of pepper.

Corn Custard

Two cupfuls of fresh, canned, or stewed dried corn, two minced canned pimientos, one cupful of stale white bread crumbs, three cupfuls of scalded milk, two eggs, one teaspoonful of salt, one-eighth teaspoonful of pepper. If desired stewed sifted tomatoes may be substituted for the milk, in which case add one tablespoonful of sugar.

Pumpkin, Squash, or Sweet-Potato Custard

One and one-half cupfuls of sifted canned or stewed dried vegetable pulp, three cupfuls of scalded milk, two eggs, one teaspoonful of sugar, two-thirds teaspoonful of salt, one-eighth teaspoonful of pepper.

Tomato Soufflé

1½ cupfuls stewed tomato
3 tablespoonfuls butter or margarine
4 tablespoonfuls white or entire-wheat flour
1¼ teaspoonfuls salt
⅛ teaspoonful pepper
4 eggs

Melt the butter, blend in the flour and seasonings, add the stewed tomato, and cook three minutes after boiling point is reached, stirring continuously. Beat the egg yolks until thick, add to the tomato mixture, then fold in the whites of the eggs beaten stiff. Turn into a well-oiled baking dish and bake in a moderate oven—350–375 degrees F.—about three quarters of an hour.

The soufflé may also be prepared in individual ramekins, in which case twenty to twenty-five minutes cooking will be sufficient.

Spinach Soufflé

3 cupfuls cooked chopped spinach
3 tablespoonfuls butter or margarine
½ cupful grated cheese
1 cupful white sauce
A grating of nutmeg
Salt and pepper to taste
2 eggs
2 tablespoonfuls dry bread crumbs

Blend the butter and spinach and cook until the spinach is heated; then stir in the cheese, white sauce, and seasonings, and the egg yolks well beaten. Mix, fold in the egg whites whipped stiff, and turn into a deep dish rubbed with butter, and thickly dusted with bread crumbs. Steam or bake three quarters of an hour; if baked set the dish in a pan of hot water and cook in a moderately hot oven—not over 375 degrees F.

Varied Vegetable Soufflés

Swiss chard, young cabbage, or any of the leafy greens may be substituted for the spinach.

THE LEGUMES

Boston Baked Beans

1 quart navy or pea beans
2 slices onion
½ pound fat bacon or salt pork
⅓ cupful molasses
½ teaspoonful mustard
2½ teaspoonfuls salt
⅓ teaspoonful pepper
½ cupful chili sauce (optional)

Soak the beans overnight. In the morning drain and rinse and boil in water to cover, containing ½ teaspoonful baking soda. When the skins are loose drain again, rinse with cold water to firm the beans, and mix with the seasonings and the onion, minced; place in the bottom of the bean pot the sliced pork or bacon, the rind of which has been scored, or cut through in squares; add beans with water to cover, put on the lid and bake steadily in a slow oven—325 degrees F.—for four hours. Uncover, draw the pork or bacon to the top, add more water if necessary, and cook uncovered until the beans are done and the pork is brown—about one and one-half hours longer.

Baked Beans without Pork

Observe the proportions and directions for baked beans, substitute for the pork or bacon three-fourths cupful of olive oil, or half olive oil and half butter. An interesting method is to use sour cream instead of the oil. This gives a delightful flavour.

Boiled Beans

(Pea or navy beans, lima beans, red or white kidney beans)

Prepare one quart of beans as described in the preceding

recipe, put them on to cook with the soda. After the skins are soft, pour off the soda water, cover again with boiling water, and add a quarter of a pound of either salt pork or bacon cut in small pieces, one-third cupful of butter, or an equal amount of any kind of savoury drippings with two and one-half teaspoonfuls of salt, a tablespoonful molasses (optional), and one-fourth teaspoonful pepper. Boil gently until tender and most of the water has evaporated.

Beans with Butter or Curry Sauce

Prepare the beans as in the preceding recipe; when done pour over curry sauce or sweet-pepper sauce. (See section on Savoury Sauces.) Serve with boiled rice or mashed potatoes.

Lima Bean Loaf

3 cupfuls lima bean pulp (mashed beans)
1 egg and 1 egg yolk
1⅓ cupfuls dry bread or cracker crumbs
1 teaspoonful salt
¼ teaspoonful pepper
½ teaspoonful sage or poultry seasoning (optional)
Tomato or br own sauce

Combine the bean pulp with the eggs, crumbs, and seasoning. Press into a well-oiled bread pan and bake in a hot oven—375 degrees F.—for thirty minutes. Unmould and serve hot with the desired sauce.

Frijoles (Mexican Beans)

1 pint frijoles
¼ teaspoonful baking soda
⅓ cupful butter, olive oil, or bacon drippings
1 pint can tomatoes
½ teaspoonful salt
¼ teaspoonful pepper
½ cupful chili sauce

Soak the frijoles overnight in water to cover, drain, add the soda, cover with boiling water and cook for fifteen minutes, then drain again; add cold water to cover, bring to boiling point, add the fat and seasonings and simmer until tender. Serve with chili sauce, or, if desired, with sweet-pepper sauce.

Baked Cow Peas

1 pint cow peas
¼ teaspoonful baking soda
2 tablespoonfuls salt pork, diced
1½ teaspoonful salt
⅛ teaspoonful pepper
2 tablespoonfuls butter
½ tablespoonful sugar
Water or stock

Soak the peas overnight in water. In the morning wash thoroughly, rubbing off as many skins as possible. Add the soda, cover with boiling water and boil until half done—about one hour and a half—drain, add seasonings and pork, and bake slowly until well done in an oven from 325–350 degrees F., keeping the peas moistened with water or stock.

East Indian Lentils

Dahl

1 cupful lentils
1 cupful unpolished rice
2 tablespoonfuls butter
1 large onion
2 cloves garlic
½ teaspoonful mixed spices
6 crushed cardamom seeds
1 slice lemon
2 teaspoonfuls salt
¼ teaspoonful pepper

Soak the lentils overnight, drain and wash them and boil until tender about two hours in salted water to cover. Boil the rice. While this is cooking, melt the butter, fry the onion and garlic minced, add the spices and cardamom seeds tied in a bit of cheesecloth, add the lentils, simmer for ten minutes, remove the spices, and serve on a platter in a border of rice. Garnish with the lemon.

POTATOES

The place of potatoes in the meal corresponds to that of bread. They are a definite food, not an accessory, and because they are so bulky and so inexpensive, they may be used in almost indefinite combinations to extend other foods more expensive, as meat, eggs, fish, nuts, cheese—in fact, all the proteins. Foods that belong together are harmonious when they are combined. That is particularly true of the potato and the many foods with which it may be used.

The potato par excellence is the baked potato, because when cooked by this method all of the nutriment is retained—that is, it is retained if the skins are eaten. The salts or minerals of the potatoes and the vitamines which they contain are their two most important elements. Their other predominating characteristic is starch, and in the baked potato this is cooked so that the starch grains are burst or popped open, giving the mealy effect so desired.

Any type of warmed-over potatoes may be prepared from

baked potatoes, if they are cooked according to the directions in this book. They should be peeled while hot, the inner brown skin being left on.

If potatoes must be boiled, it should be in the jackets. Better still, they should be steamed in the jackets. This not only retains the minerals, but there is a considerable saving of potato pulp when no paring is done; the parings from a pound of potatoes mean a quarter of a pound of waste!

Boiled or Steamed Potatoes

Whole boiled or steamed potatoes may be combined on the same platter with creamed meat, fish, eggs, or other foods, to form a platter meal. Add one or two other vegetables, if desired. Suitable combinations are:

Potato Platter Meals

Whole Cooked Potatoes
Creamed Eggs with Parsley
Spoonfuls of Peas, String Beans, or Baked Tomatoes

Whole Cooked Potatoes
With Creamed, Frizzled, or Dried Beef, or Creamed Fish and Buttered Carrots and Parsley

Whole Cooked Potatoes
Creamed Ham, Mounds of Cooked Spinach
sprinkled with Hard-Cooked
Chopped Eggs

Whole Cooked Potatoes
dusted with Parsley
Creamed Chicken or Turkey, warmed in Gravy
and
Peas, Spinach, or String Beans

Whole Cooked Potatoes
with
Crisped Bacon, Small Sausages, or Sausage Cakes

Whole Cooked Potatoes
with
Creamed Salmon, Tuna Fish, seasoned with Lemon Juice
and Peas, garnished with Parsley

Whole Cooked Potatoes
with
Tomato Sauce and a garnish of Cooked Bacon

Baked White Potatoes

Select medium-sized or large white potatoes, scrub thoroughly, removing any imperfections, and rub the skins all over with a little cooking fat of any kind. Place in a baking pan or on the grate of a moderately hot oven, 350 degrees F. Bake steadily until the potatoes are soft, from forty to sixty minutes, according to size.

To save time in baking potatoes, they may be boiled first for fifteen minutes. When done, cut lengthwise, maltese-cross fashion, to allow the steam to escape, pinch the potatoes, pressing up the pulp so that it will show. Serve plain, or with a dusting of paprika and a small butter ball or cube of butter on each potato.

Baked Sweet Potatoes

Follow the directions for baked white potatoes.

Stuffed Baked White Potatoes

Allow a large potato for each person served. Bake the potatoes, and when done cut the top off lengthwise and scoop out all the pulp. Add to two cupfuls of pulp three tablespoonfuls of hot milk or cream and a tablespoonful of butter. Season with a teaspoonful of salt and one-eighth teaspoonful pepper and beat until creamy. Pile into the shells and brown quickly in the oven.

Baked Stuffed Potato Puffs

Follow the directions for stuffed baked white potatoes, adding to the beaten potato pulp an egg yolk and a beaten egg white.

Stuffed Baked Potatoes with Cheese

Add one-third cupful of grated American cheese to a pint of the pulp as in making baked stuffed white potatoes.

Baked Stuffed Potatoes with Meat

Add one-half cupful of any kind of chopped salt meat to a pint of the potato pulp.

Mashed Potatoes

6 to 8 medium-sized potatoes
2 tablespoonfuls butter
1 teaspoonful salt
⅛ teaspoonful pepper
3 tablespoonfuls hot milk, cream, or undiluted evaporated milk

The potatoes should be steamed or boiled with the skins on, then thoroughly drained and peeled. Put through a potato ricer. (There should be about five cupfuls of riced potato.) Add the butter, melted, the remaining ingredients, and beat until fluffy, with a strong wire whisk.

It is impossible to make good mashed potatoes by using the ordinary potato masher. After beating, place the potatoes over hot water for a few moments to reheat.

Duchesse Potato

To a quart of hot smoothly mashed potatoes add two tablespoonfuls of butter, two beaten egg yolks, and hot top milk to make the mixture pass easily through a pastry tube. Beat hard and use as the decoration for planked steak, fish, or as potato puffs, in ramekins, potato rosettes, etc.

Potato Puffs

To the recipe for duchesse potatoes add two egg whites whipped stiff. Transfer to ramekins and bake twenty minutes in a hot oven—375 degrees F.

Potato Cheese Ramekins

Prepare as in the preceding recipe, adding a half cupful grated, highly flavoured American cheese.

Potato Rosettes

Prepare duchesse potatoes, and form with a pastry bag and tube into rosettes on a buttered baking pan; brown in a hot oven—375 degrees F.

Potato Border

A border of mashed or duchesse potato is often fluffily arranged on a good-sized platter, creamed meat, fish, or eggs, fried oysters or tiny fish, being in the centre. The edge may be decorated with parsley or with spinach well drained, cooked peas, or bundles of asparagus—another platter meal.

Potato Omelets

3 cupfuls mashed potato
½ cupful hot milk
1 or 2 eggs
½ teaspoonful salt
⅛ teaspoonful pepper

Beat the ingredients together; if the mashed potato is cold, add a little warm milk; the mixture should be as thick as hot mush. Drop by tablespoonfuls on to an oiled griddle; when browned on one side turn and brown on the other; fold like miniature omelets, and serve with broiled chops, chicken fricassee, broiled or fried steak, or as the main dish at supper or luncheon with a garnish of bacon.

Potato Cakes

These may be made from plain left-over mashed potato, or a beaten egg may be added. Shape into flat cakes, flour and brown in savoury drippings on a griddle. If desired, pieces of left-over cooked sausage, cooked bacon, ham, or a little grated cheese may be added.

Potato and Nut Cakes

To the recipe for potato cakes add one third the bulk of finely chopped roasted peanuts, walnuts, or Brazil nuts. Serve with peanut sauce for the main dish.

Potato Croquettes

3 cupfuls hot mashed potatoes
1 egg yolk
Few grains of cayenne
Few grains nutmeg
1 tablespoonful minced parsley (optional)
1 teaspoonful onion juice (optional)

Combine the ingredients, beat thoroughly, shape into balls, cones, or cylinders, egg and crumb as described in deep-fat frying, and fry in deep fat hot enough to brown a bit of bread in forty counts—375 degrees F. Drain on crumpled paper and serve with any meat or fish, except fried, or as the main course at luncheon or supper with any kind of creamed meat, fish, or creamed eggs.

Nut Potato Croquettes

Add to the recipe for potato croquettes two-thirds cupful of chopped toasted nut meats. Add if desired two or three tablespoonfuls of peanut butter; serve with nut gravy.

Cheese Potato Croquettes

To the mixture for potato croquettes add two-thirds cupful of well-flavoured American cheese, one-third teaspoonful celery salt, and if convenient, a finely minced pimiento, or two tablespoonfuls of ground green pepper. Serve as the main dish at luncheon or supper with a white, cheese or tomato sauce.

Mashed Potato Loaf

Prepare a quart of mashed white or sweet potato, butter a bread pan and dust thickly with fine dry bread crumbs or equal parts of toasted chopped nut meats and crumbs mixed. Pack in the potato and bake twenty-five minutes in a hot oven —375 degrees F.; unmould and surround with creamed meat, fish, or creamed eggs, or hard-cooked eggs, in a tomato or cheese sauce.

Lyonnaise Potatoes

1 quart sliced cooked potatoes
1 cupful sliced onion
⅓ cupful cooking fat

Melt the fat in the frying pan, add the onion and cook until it yellows; add the potato and cook gently until lightly fried. If desired, add a little minced parsley.

Fried Potatoes, Farm Style

Pare and cut in thin slices potatoes to make a quart. Place in a frying pan with two tablespoonfuls of savoury meat drippings and enough cold water barely to cover the bottom. Sprinkle over a teaspoonful of salt, and if desired add a tablespoonful minced onion, cover closely, and cook ten to fifteen minutes. The steam from the water will practically cook the potatoes. When they begin to brown on the bottom, they should be turned occasionally with a pan-cake turner to brown more evenly.

Fried Diced Potatoes

Pare, slice lengthwise, and cut into dice raw potatoes to make a quart. Rinse with cold water and dry on a towel. Heat sufficient fat in the frying kettle to cover the potatoes when they are put in—325 degrees F., or until a bit of bread

when immersed will brown in a minute. Add a small sliced onion to the potatoes and fry until golden brown—about three minutes; drain on crumpled paper and dust with salt.

Potatoes O'Brien

Prepare the potatoes as for fried diced potatoes; when done, add an extra half onion, minced, and fried with four tablespoonfuls of green pepper. If desired a half cupful of diced celery may be included.

Baked French Potatoes

Pare the potatoes, cut in eighths lengthwise, as for French-fried potatoes. Place in a pan rubbed generously with savoury or vegetable fat. Pour a little of the fat over the potatoes, dust them with a little salt and bake in a hot oven —375–400 degrees F. Stir occasionally so they will brown all over.

French Fried Potatoes

Large raw potatoes
Salt
Pepper
Frying fat

Select large potatoes if possible, pare and cut into thick slices, then cut lengthwise as broad as they are thick. Allow them to stand in ice-cold water for one hour, drain, pat dry with a cloth, and cook a few at a time in deep fat hot enough to brown a piece of bread in one and one-half minutes—325 degrees F. Drain on crumpled soft paper, sprinkle generously with salt and pepper, and serve immediately.

French Fried Sweet Potatoes

Substitute sweet for white potatoes in the above recipe, and proceed as directed.

Potato Balls

Large potatoes
Salt
Pepper
Frying fat

With a vegetable cutter scoop balls from white or sweet potatoes, cutting them as close to each other as possible. Let them stand in ice-cold water for one hour; drain, pat dry with a cloth, and cook until golden brown in deep fat hot

enough to brown a piece of bread in one and one-half minutes—325 degrees F. Drain on crumpled soft paper, season, and serve immediately.

The trimmings left after the balls have been cut may be cooked and used for creamed or mashed potato.

Lattice Potatoes

Large potatoes	Pepper
Salt	Frying fat

For the preparation of these a special cutter is required which is obtainable at any hardware or house-furnishing store, and which is also useful for preparing coleslaw, sliced cucumbers, beets, and other vegetables.

To prepare the lattice potatoes pare the potatoes by pressing firmly against the metal part of the cutter and slicing downward. The first slices must be discarded; for the next, turn the potato half around and this slice will be found to be perforated or latticed. For the next slice turn the potato half around again and proceed in the same manner. Cook in deep fat hot enough to brown a piece of bread in one minute—350 degrees F. Drain on crumpled soft paper, season, and serve immediately.

Shoestring Potatoes

Potatoes	Pepper
Salt	Frying fat

Pare the potatoes and cut them into slices one-eighth inch thick, then cut these again lengthwise into matchlike strips. Let them stand in ice-cold water for one hour; drain, pat dry with a cloth, and cook until brown and crisp in deep fat hot enough to brown a piece of bread in one minute—350 degrees F. Drain on soft crumpled paper, season with salt and pepper, and serve immediately.

Saratoga Chips

Pare medium-sized potatoes; cut in paper-thin slices crosswise, crisp in ice water, drain, and plunge into deep fat hot enough to brown a bit of bread in forty counts—375 degrees F.—and fry until brown. Drain on crumpled paper. Dust with salt when ready to serve.

Broiled Potatoes

Peel the potatoes, cut in lengthwise slices about one eighth of an inch thick, crisp in cold water, then dry on a towel, transfer to a broiler, dot with butter or savoury drippings, dust with salt, and broil until brown, keeping about ten inches from the flame.

Escalloped Potatoes

Peel and slice crosswise in thin slices enough potatoes to make a quart. Butter a three-pint baking dish or oil with savoury drippings. Mix with the potatoes four tablespoonfuls flour, one teaspoonful salt, one-eighth teaspoonful pepper, put in the baking dish, adding a little onion juice if desired, melt two tablespoonfuls of butter, or use a tablespoonful of savoury drippings, add to three cupfuls of hot milk and pour over the potatoes, cover, and bake in a moderate oven—350 degrees F.—uncover and bake until tender—about an hour longer.

Potatoes Escalloped with Ham

Add to the potatoes in the preceding recipe one cupful of minced ham.

Potatoes Escalloped with Clams

Add to the potatoes in the recipe for escalloped potatoes a cupful of canned clams.

Savoury Escalloped Potatoes

Add to the recipe for escalloped potatoes one and one-fourth cupfuls of highly flavoured American cheese chopped fine, a minced green pepper, and a tablespoonful of minced onion.

Escalloped Potatoes with Sausage or Bacon

When the escalloped potatoes are nearly done, place scalded slices of bacon on the top and cook until brown, or put small sausages, pricked and scalded, on the top, and finish baking.

Quick Escalloped Potatoes

4 cupfuls diced, cooked potatoes
3 cupfuls white sauce
½ cupful fine dry bread crumbs
1 tablespoonful melted butter

Butter a baking dish, combine the sauce and potatoes, add a little onion juice or celery salt if desired, put in the dish, cover with the crumbs mixed with the butter, bake thirty-five minutes in a moderate oven—350 degrees F.

Potatoes au Gratin

Follow the recipe for quick escalloped potatoes, adding one cupful of highly flavoured grated American cheese.

Franconia Potatoes

Properly prepared, these are roasted with any kind of meat. Pare the potatoes, rinse, and place in the baking pan with the meat forty-five minutes before it is done. Dust the potatoes with salt and baste with the drippings. They should be turned, unless a double roaster is used.

Quick Franconia Potatoes

Use cold left-over potatoes, browning all over in hot savoury fat or drippings.

Savoury Simmered Potatoes

2 tablespoonfuls diced bacon or salt pork
1 tablespoonful butter
1 tablespoonful flour
1 pint stock
3 cupfuls sliced raw potatoes
Few grains nutmeg
¼ teaspoonful pepper
Salt to taste

Cook the bacon until the fat runs freely, then add the butter, flour, and, when slightly browned, the stock. Add the potatoes, cover, and when nearly done put in the seasonings, and simmer for about twenty-five minutes.

Potatoes Anna

Select long potatoes, cut in thin crosswise slices or rounds, wash, and dry on a towel. Butter a round pan at least six inches in diameter, lay the rounds in circles on the bottom, letting them overlap, dust with salt and pepper, spread lightly with butter, put on a second layer, and proceed until six layers are in the pan. Cover the utensil and cook in a hot oven—375 degrees F.—for thirty minutes; drain off the butter and unmould on to a hot dish; garnish with parsley.

Potato Pancakes

1¼ cupfuls grated raw potato
½ teaspoonful salt
1 egg
4 tablespoonfuls flour
1 teaspoonful baking powder
⅛ teaspoonful pepper

Combine the potato, the well-beaten egg, the flour, salt, baking powder, and pepper. Drop by tablespoonfuls into a frying pan containing a little hot fat and cook until golden brown on both sides.

Hash Browned Potatoes

1 quart chopped cooked potatoes
½ cupful milk
1 teaspoonful salt
Few grains pepper
3 tablespoonfuls butter or savoury drippings

Melt the fat in a frying pan, add the potatoes, seasonings, and milk, press into shape, cover, and cook gently twenty minutes, when the potatoes should look translucent and be brown on the bottom. Fold like an omelet and serve on a hot platter; garnish, if desired, with bacon, small sausages, bits of broiled ham, or surround with creamed meat or creamed eggs.

Potatoes Maître d'Hôtel

1 quart sliced cooked potatoes
2 tablespoonfuls butter
½ tablespoonful parsley
½ teaspoonful salt
¼ teaspoonful pepper
¼ teaspoonful nutmeg
Juice of half a lemon
½ cupful cream or top milk

Melt the butter, add the parsley, seasonings, and lemon juice, turn into the potatoes and cook gently until heated through. Then add the cream, heated, and serve.

Potato Loaf

1 quart chopped warm cooked potatoes
1½ tablespoonful minced parsley
Few grains pepper
1 teaspoonful onion juice (optional)
1 teaspoonful salt

Combine the ingredients, mix, and press in a bread pan rubbed with salad oil. Put a second pan over the top and weight to press the potatoes together. Use as a garnish to sliced cold meat with an accompaniment of salad dressing or chili sauce, or if a meat loaf is used, press the potatoes in a pan of the same size and arrange the loaf and the potato in alternating slices. This is an excellent way to extend cold meat.

Stuffed Baked Sweet Potatoes

Allow a medium-sized sweet potato for each person and bake as directed for white potatoes. Cut off the tops lengthwise to lid shape and scoop out all the pulp. To two cupfuls of pulp allow a tablespoonful of butter, a teaspoonful of salt and a little cream, if the potato is not thoroughly moist. Mash lightly together, replace in the shell, brown, and just before serving top with whipped cream, if desired, to which a little salt and paprika has been added. If stuffed white potatoes and stuffed sweet potatoes are arranged alternately on a platter with a garnish of parsley, the effect will be particularly good, especially if a little of the yellow top is allowed to show in the sweet potato.

Sweet Potatoes Glacé

4 large sweet potatoes
⅓ cupful butter or good margarine
⅓ cupful brown sugar
½ teaspoonful ground cinnamon

Boil or bake the potatoes, peel and cut them into thick slices. Lay these in an oiled baking dish, dot with the butter, sprinkle with the sugar and cinnamon. Bake in a moderate oven—350 degrees F.—about three quarters of an hour, having the dish covered during the first twenty minutes.

Sweet Potatoes Glacé, with Nuts and Raisins

Prepare as for sweet potatoes glacé, sprinkle with three tablespoonfuls each of chopped nuts and raisins.

Stuffed Sweet Potatoes

6 medium-sized sweet potatoes
1 cupful minced ham or tongue or ½ cupful chopped nuts or cooked diced bacon
1 teaspoonful minced parsley
½ teaspoonful salt
⅛ teaspoonful paprika
Top milk or cream, if necessary

Bake the sweet potatoes in a moderate oven—about 350 degrees F.—until tender. Cut a thin slice lengthwise from each and scoop out the pulp. Mash this and add the ham, tongue, nuts, or bacon, the parsley, salt, and paprika and, if necessary, moisten slightly with a little top milk or cream. Return to the potato shells and bake long enough to heat through thoroughly and slightly brown on top in a moderately hot oven—350–375 degrees F.

Sweet Potato Puffs

3 cupfuls mashed sweet potato
1 teaspoonful onion juice
½ cupful stewed sifted tomato
2 eggs
1 teaspoonful minced parsley or
1 tablespoonful minced green pepper
½ teaspoonful salt
⅙ teaspoonful paprika

Beat the onion juice, tomato, parsley or minced pepper, salt, and paprika into the sweet potato, add the yolks of the eggs well beaten, and when thoroughly blended, fold in the whites of the eggs which have been beaten stiff. Pile in a fireproof baking dish, bake twenty-five minutes in a moderately hot oven—350–375 degrees F.—and serve in the same dish.

Sweet Potato Croquettes

4 cupfuls cooked sweet potato pulp
1 tablespoonful minced green pepper
3 tablespoonfuls finely chopped nuts (optional)
1 small egg
⅙ teaspoonful paprika
½ teaspoonful salt
Egg
Bread crumbs

The sweet potato may be baked or boiled; mash thoroughly, add minced pepper, nuts, salt, and paprika, and moisten with part or all of the egg, as needed. Spread on a plate, divide into twelve equal portions, roll into croquettes, brush with beaten egg, and coat with bread crumbs. Fry in deep fat hot enough to brown a piece of bread in forty seconds—375 degrees F.; or bake fifteen minutes in a quick oven—375–400 degrees F.

CHAPTER XXII

SAVOURY SAUCES

(All measurements are level)

PERHAPS of all branches of cooking that of making sauces is most neglected. Rightfully prepared they form a base for so many savoury dishes and afford a means of utilizing so many small fragments which might otherwise be wasted, that they deserve a little careful study.

It has been said that England is a country of forty religions and only one sauce, and in some ways the same accusation might almost be laid at our own doors, for there are few tables at which we see any variety other than white, brown, and tomato sauce. The French chef always keeps these on hand together with his fourth stock sauce—Béchamel. From these four, however, he develops an almost innumerable variety by the addition of various flavourings and seasonings.

Sauces are thickened by means of butter and flour cooked together; when not browned it is called *roux*, when browned it is referred to as brown *roux*. The French make their *roux* in quantity, having it ready for use by the addition of liquid. The American cook usually prepares her sauces as needed and unfortunately does not always allow the necessary time for the proper blending of flavours. Do not forget that long cooking and particularly long, slow cooking brings out those hidden, subtle flavours which we so enjoy when eating in high-class hotels and restaurants, and which are just as easy of attainment in our own kitchen as on the chef's range.

White Sauce

2 tablespoonfuls butter
2 tablespoonfuls flour
1 cupful milk
$\frac{1}{3}$ teaspoonful salt
$\frac{1}{6}$ teaspoonful paprika

Melt the butter, add the flour to it, and stir until the two are smoothly blended without allowing them to brown. Add the milk gradually and stir constantly until the sauce boils, season, and simmer for five minutes.

Thick White Sauce

Use three tablespoonfuls of flour in place of two and proceed as in the above recipe. This makes a very thick white sauce suitable for a foundation for croquettes, soufflés, etc., and is the one referred to in recipes as thick white sauce.

Thin White Sauce

Use one tablespoonful of flour in place of two and proceed as in the above recipe. This thin white sauce is suitable for use as a sauce to pour over plain vegetables, cauliflower, Brussels sprouts, etc.

Parsley Sauce

Add one tablespoonful of minced parsley to one cupful of white sauce. To mince the parsley, wash and dry it, mince finely, then place it in a square of cheesecloth and hold it under the water faucet, pressing with the thumb and finger so as to wash out the grayish moisture. The result will be bright specks of green parsley in the white sauce instead of the muddy particles so often seen.

Egg Sauce

Add one finely chopped hard-cooked egg to one cupful of white sauce.

Savoury Egg Sauce

Make as above, adding two tablespoonfuls of minced green pepper.

Anchovy Sauce for Fish

Add two teaspoonfuls anchovy sauce to one cupful of white sauce.

Shrimp Sauce

Add one-half cupful cooked chopped shrimps to one cupful of white sauce.

Oyster Sauce

Use one half milk and one half oyster liquor in making the white sauce, and add one-half cupful of coarsely chopped oysters which have been scalded in the liquor used in making the sauce.

Cheese Sauce

2 tablespoonfuls butter
3 tablespoonfuls flour
1½ cupfuls milk
¼ teaspoonful salt
⅙ teaspoonful paprika
1 teaspoonful lemon juice
½ cupful grated cheese

Cream the butter and flour together over a gentle heat until well blended. Add the milk gradually, stir until boiling, cook for five minutes, then add the salt, paprika, lemon juice, and cheese, and continue to cook for a moment longer, until the cheese is thoroughly melted.

Pimiento Cream Sauce

2 tablespoonfuls butter or a substitute
2 minced pimientos
1 teaspoonful minced parsley
2 tablespoonfuls flour
¾ teaspoonful salt
⅛ teaspoonful pepper
1½ cupfuls milk

Melt the butter, add the pimiento and parsley, and cook for two minutes. Stir in the flour, salt, and pepper, and when blended add the milk gradually. Bring to boiling point and simmer for three minutes.

Peanut Cream Sauce

1 tablespoonful butter or a substitute
2 tablespoonfuls peanut butter
¾ teaspoonful salt
¼ teaspoonful pepper
2 tablespoonfuls flour
1½ cupfuls milk

Melt the butter, add the peanut butter and seasonings and, when liquefied, the flour. Gradually stir in the milk and let the mixture boil for three minutes.

Danish Sauce

2 tablespoonfuls butter or a substitute
2 tablespoonfuls flour
1½ cupfuls milk
⅓ teaspoonful salt
⅛ teaspoonful pepper
Juice ½ lemon
½ cupful mayonnaise
1 egg

Make a white sauce of the butter, flour, seasonings, and the milk. Add the lemon juice to the mayonnaise and pour the boiling sauce into it. Then pour the whole mixture, in turn, into the egg, beaten until light.

Egg and Olive Sauce

2 tablespoonfuls butter
2 tablespoonfuls flour
1½ cupfuls milk or ¾ cupful milk and ¾ cupful fish stock
2 hard-cooked eggs
½ cupful sliced stuffed olives
⅓ teaspoonful salt
⅙ teaspoonful paprika
1 tablespoonful lemon juice

Blend the butter and flour together, add the milk, or milk and fish stock (liquor in which fish was cooked), stir until boiling, and simmer for three minutes. Then add the eggs, coarsely chopped, the olives, salt, paprika, and lemon juice, and heat thoroughly without actually boiling after the eggs are added.

Bread Sauce

1½ cupfuls milk
1 very small onion
2 cloves
A tiny piece of mace
1 cupful soft bread crumbs
2 tablespoonfuls butter
⅓ teaspoonful salt
⅙ teaspoonful white pepper

Scald the milk with the onion into which the cloves have been stuck, add the mace and the bread crumbs, cover, and keep thoroughly hot without boiling for fifteen minutes. Remove the onion, cloves, and mace, add the butter, salt, and pepper, and beat thoroughly. Serve with roast chicken or pigeon, etc.

Onion Sauce

4 small onions
1½ cupfuls milk
2 tablespoonfuls butter
2 tablespoonfuls flour
⅓ teaspoonful salt
⅙ teaspoonful pepper

Peel the onions and parboil them for fifteen minutes in boiling salted water. Drain, add the milk, and cook the onions in it gently until tender. Then chop the onions fine, return them to the milk, and thicken with the butter and flour rubbed smoothly together with the salt and pepper. Simmer for five minutes after the thickening has been added.

Boiled or Steamed Fish Sauce

⅓ cupful diced carrot
1 tablespoonful minced onion
1 bay leaf
1 sprig parsley, minced
2 cupfuls fish liquor
1 tablespoonful butter or a substitute
2 tablespoonfuls flour
3 tablespoonfuls top milk or undiluted evaporated milk
Salt and pepper to taste

Add the fish liquor to the vegetables and seasonings and simmer for thirty minutes. Then thicken with the butter substitute, blended with the flour, add the top milk, and season to taste. Remove the bay leaf before serving.

If the fish is boiled use the water in which it was cooked as fish liquor; if steamed, any fragments and bones should be simmered for twenty minutes in two cupfuls of cold water to provide the required fish liquor.

Plain Brown Sauce

2 tablespoonfuls butter
3 tablespoonfuls flour
1 cupful stock or water
⅓ teaspoonful salt
⅛ teaspoonful pepper

Melt the butter, add the flour, and stir over a gentle heat until the flour browns. Add the stock or water gradually, stir until boiling, season, and simmer for five minutes.

Remember that in browning or caramelizing flour it loses some of its thickening properties and this is the reason that a large proportion of flour must be used to the same amount of liquid in making a brown sauce.

Sauce Espagnole

To two cupfuls of plain brown sauce add one-half teaspoonful of meat extract, one tablespoonful of lemon juice, and two tablespoonfuls of finely chopped parsley.

Mushroom Sauce

To one cupful of plain brown sauce add one-half cupful of canned or cooked fresh mushrooms (sliced), two tablespoonfuls of butter, one teaspoonful of minced onion, one tablespoonful of minced green pepper, one teaspoonful of mushroom catchup, and sherry flavouring to taste according to the kind used (optional). Cook the mushrooms and onion, also the pepper, for five minutes in the butter, then add these with the other ingredients to the plain brown sauce.

Sauce Piquante

To one cupful of plain brown sauce add one tablespoonful of lemon juice, one tablespoonful each of chopped capers and sour pickles, one-half teaspoonful grated onion, and a dash of cayenne.

Olive Sauce

To two cupfuls of plain brown sauce add one-fourth cupful of chopped plain or stuffed olives.

Horseradish Sauce

2 tablespoonfuls butter
2 tablespoonfuls flour
1½ cupfuls water or stock
1 teaspoonful sugar
2 tablespoonfuls grated horseradish
1 tablespoonful vinegar
⅙ teaspoonful salt

Melt the butter in a saucepan, add the flour and brown it, then stir in slowly the water or stock, and simmer for three minutes after it reaches boiling point. Put in the horseradish, vinegar, and salt just before serving.

This sauce is good with boiled ham, tenderloins of pork, tongue, or plain boiled or salted beef.

Orange Sauce

To two cupfuls of plain brown sauce add the grated rind and juice of one orange, one-eighth teaspoonful of cayenne, and sherry flavouring to taste, according to the kind used. Heat without boiling.

Currant Jelly Sauce

To one cupful of plain brown sauce add four tablespoonfuls of currant jelly and one teaspoonful of lemon juice. Heat and beat until the jelly is melted.

Chestnut Sauce

1 cupful shelled blanched chestnuts
2 tablespoonfuls butter
2 tablespoonfuls flour
1 cupful stock
⅓ teaspoonful salt
⅙ teaspoonful pepper
1 tablespoonful lemon juice

Simmer the chestnuts until tender but not broken, then cut them into shreds with a knife. Blend the butter and

flour until smooth, add the stock and seasonings, then stir in the chestnuts, and last of all, the lemon juice.

This sauce is delicious with roast turkey or roast or broiled chicken.

Mustard Sauce

2 tablespoonfuls butter
2 tablespoonfuls flour
1 teaspoonful made mustard
1 teaspoonful lemon juice
1½ cupfuls brown stock
⅓ teaspoonful salt
⅛ teaspoonful pepper

Melt the butter and flour, add the stock, stir in the mustard, and mix thoroughly. Add the salt and pepper and put in the lemon juice just before serving.

Sauce Italienne

2 tablespoonfuls chopped carrot
2 tablespoonfuls chopped green pepper
1 tablespoonful chopped onion
2 tablespoonfuls butter
1 teaspoonful mixed whole spices
1½ cupfuls plain brown sauce
1 tablespoonful finely chopped parsley
Sherry flavouring to taste according to the kind used

Cook the carrot, green pepper, and onion for five minutes in the butter. Add the spices, which should be tied in a square of cheesecloth, also the plain brown sauce, and simmer for half an hour. Press through a sieve, reheat, and add the minced parsley and flavouring just before serving.

Béchamel Sauce

3 tablespoonfuls butter
3 tablespoonfuls flour
¾ cupful chicken stock
½ teaspoonful salt
¼ teaspoonful paprika
¾ cupful thin cream or top milk
1 teaspoonful lemon juice

Cream the butter and flour together without browning, add the stock, stir until boiling, then add the cream or top milk and the seasonings, and again bring to boiling point. Cook over hot water (double boiler) for five minutes and stir in the lemon juice just before serving.

Sauce Suprême

To two cupfuls of Béchamel sauce add three tablespoonfuls of minced mushrooms cooked until tender in butter, one teaspoonful of lemon juice, and one-fourth cupful of heavy cream.

French Oyster Sauce

To two cupfuls of Béchamel sauce add one cupful of chopped oysters scalded in their own liquor.

Mousseline Sauce

3 eggs
¼ cupful white sauce
⅔ cupful stock
1 teaspoonful tarragon vinegar
Dash of cayenne
¼ teaspoonful salt

Put the well-beaten eggs, white sauce, and stock together into the upper part of a double boiler and stir continually until they thicken. Add the tarragon vinegar, heat thoroughly, and last of all add the cayenne and salt.

Oyster Mousseline Sauce

Substitute one cupful of oysters with their liquor for the stock, scalding the oysters in their own liquor; then adding the juice in place of the stock, putting in the oysters (cut into small pieces) at the last moment.

Shrimp Mousseline Sauce

Add to mousseline sauce recipe one cupful of diced shrimps.

Mushroom Mousseline Sauce

Add to mousseline sauce one cupful of mushrooms which have been sautéd in butter, then thoroughly drained.

Hollandaise Sauce

½ cupful butter
4 egg yolks
1¾ tablespoonfuls lemon juice
½ teaspoonful salt
⅛ teaspoonful cayenne
⅓ cupful boiling water

Cream the butter, add the yolks of eggs one at a time, beating thoroughly after each is added until the mixture is thickened. Then add the lemon juice, salt, and cayenne, place in a double boiler, and add the water. Beat with a rotary beater until thickened like a boiled custard.

Mock Hollandaise Sauce

3 tablespoonfuls butter
2 tablespoonfuls flour
1 cupful boiling water
Yolks of 2 eggs
2 tablespoonfuls lemon juice
¼ teaspoonful salt
⅛ teaspoonful paprika

Melt the butter, add the flour, and blend the two without browning. Add the boiling water, cook for five minutes, then remove from the heat, beat in the yolks of eggs, lemon juice, salt, and paprika.

Tomato Sauce

2 tablespoonfuls butter
1 onion, sliced
3 tablespoonfuls flour
1½ cupfuls stewed sifted tomato
⅓ teaspoonful salt
⅙ teaspoonful paprika

Melt the butter and cook the onion in it until just beginning to turn colour. Add the flour and stir until golden brown, add the tomato gradually, cook until boiling, season, and simmer for five minutes. Remove the onion before serving.

If a thinner sauce is desired use one half stock and one half stewed sifted tomato.

Mexican Sauce

1 large onion
1 tablespoonful butter
1 green pepper
1 canned pimiento
1 cupful canned tomato or 2 large fresh tomatoes
2 teaspoonfuls Worcestershire sauce
1 teaspoonful celery salt

Chop the onion and cook it in the butter until it begins to turn yellow, add the pepper and pimiento, also the tomato (if using fresh ones cut these into small pieces). Simmer until the peppers are tender, then add the Worcestershire sauce and celery salt. Serve with croquettes, meat balls, or meat loaf.

Cider Sauce

(To be served with roast pork or ham)

3 tablespoonfuls bacon or ham fat
3 tablespoonfuls browned flour
½ teaspoonful dry mustard
⅙ teaspoonful paprika
2 cupfuls cider

Melt the fat, add the flour, mustard, and paprika, and when smoothly blended, add the cider and cook, stirring constantly, until boiling. Simmer for five minutes after boiling point is reached.

Sauce à la Normandie

1 tablespoonful butter
1 tablespoonful browned flour
1½ cupfuls bulk oysters with their liquor
Yolks of 2 eggs
1 small can shrimps
1 teaspoonful lemon juice
⅓ teaspoonful salt
⅙ teaspoonful pepper

Scald the oysters in their own liquor, then drain and chop them. Blend the butter and flour, add the oyster liquor, and stir until boiling. Pour over the yolks of the eggs which have been slightly beaten, then return to the fire and cook over hot water (double boiler), stirring constantly for five minutes. Add the chopped oysters, chopped shrimps, salt, pepper, and lemon juice, heat through and serve at once.

Currant Jelly Sauce

1 glass currant jelly — Juice of one orange
Grated rind of ¼ orange

Slightly melt the currant jelly in the upper part of a double boiler, then beat in the orange rind and juice.

Currant Mint Sauce

Follow preceding recipe, adding a tablespoonful of minced mint.

Brown Butter Sauce

¼ cupful butter — 1 tablespoonful vinegar
1 tablespoonful minced parsley — Dash of cayenne

Melt the butter and cook the parsley in it until both butter and parsley are slightly browned. Remove from the heat, cool a little, then add the vinegar and cayenne. Serve with broiled or baked fish.

Maître d'Hôtel Butter

⅓ cupful butter — ⅛ teaspoonful cayenne
1 tablespoonful minced parsley — 1 tablespoonful lemon juice
½ teaspoonful salt — ¼ teaspoonful onion juice (optional)

Cream the butter in a bowl as for cake, add the parsley, salt, cayenne, and lemon juice, and the onion, if used. Beat well, place on ice to chill, and serve with steak, chops, or broiled fish, putting small balls or pats of the butter on the cooked fish or meat just before serving.

Cheese Cream Sauce

½ cupful heavy cream — 1 teaspoonful mixed mustard
⅔ cupful grated mild cheese — ½ teaspoonful Worcestershire sauce
1 teaspoonful lemon juice

Beat the cream until stiff, work the cheese and seasonings into it, spread on broiled fish, and place in the oven for a moment to heat through and to melt the cheese.

Sauce Tartare

1½ cupfuls mayonnaise
2 tablespoonfuls minced sour pickles
1 teaspoonful minced capers
1 teaspoonful minced chives
1 teaspoonful minced parsley

Have the mayonnaise thoroughly chilled; beat the various ingredients into it just before serving.

Sauce Rémoulade

1 tablespoonful minced parsley
1 tablespoonful minced chives
1 tablespoonful minced capers
1 tablespoonful minced anchovies
¼ teaspoonful onion juice
⅛ teaspoonful salt
⅛ teaspoonful pepper
⅛ teaspoonful dry mustard
½ cupful salad oil

Mix and blend all of the ingredients except the oil; add this last of all, beating thoroughly while adding. Chill and serve with fish.

If desired, the bowl in which the sauce is mixed may be rubbed with a cut clove of garlic in place of using the onion.

Sauce Vinaigrette

½ cupful salad oil
1 tablespoonful minced sour pickles
1 tablespoonful minced green pepper
⅓ teaspoonful salt
⅙ teaspoonful ground peppercorns
3 tablespoonfuls vinegar
1 tablespoonful minced parsley
⅔ teaspoonful grated onion

Add the various flavourings and seasonings to the oil and set aside to marinate or ripen for at least one hour. Beat in the vinegar and serve cold.

Béarnaise Sauce

3 tablespoonfuls mild vinegar
2 tablespoonfuls tarragon vinegar
1 small onion, sliced
Yolks of 3 eggs
4 tablespoonfuls butter
½ teaspoonful salt
⅛ teaspoonful cayenne

Cook the onion for two minutes with the two vinegars, remove the onion, and pour the vinegar on to the well-beaten yolks of eggs. Set the bowl containing them over hot water and stir continually until the mixture thickens. Remove

from the heat and add the butter, a half teaspoonful at a time, working each portion thoroughly into the sauce before the next is added. Season and serve immediately.

Béarnaise sauce may be served with asparagus, artichokes, boiled or broiled fish, or with steak or fillet of beef.

Sauce Meunière

½ cupful butter
1 tablespoonful chopped parsley
2 tablespoonfuls lemon juice
½ teaspoonful salt
⅛ teaspoonful pepper

Heat the butter and slightly brown it, add the parsley, lemon juice, salt, and pepper, and cook for two minutes. Pour over and around sautéd fish and garnish with sliced lemon and fried parsley.

Mint Sauce

4 tablespoonfuls finely chopped mint
⅔ cupful mild vinegar
1 to 2 tablespoonfuls powdered sugar

Scald the sugar and vinegar together, pour over the mint, and chill before serving.

Cucumber Sauce

2 large cucumbers
1 tablespoonful lemon juice
½ teaspoonful salt
⅛ teaspoonful paprika

Peel the cucumbers, remove the seeds, grate the cucumbers, drain thoroughly, and season with the lemon juice, salt, and paprika.

Catchup Sauce

1 cupful catchup
½ tablespoonful Worcestershire sauce
½ onion, grated
1 tablespoonful lemon juice
2 tablespoonfuls melted butter or salad oil
⅓ teaspoonful salt
⅛ teaspoonful pepper
½ teaspoonful paprika

Combine the ingredients in the order given, boil for two or three minutes, and serve hot or cold.

Mushroom Chili Sauce

2 tablespoonfuls butter or a substitute
3 tablespoonfuls flour
Caps from ¼ pound of mushrooms
½ teaspoonful salt
⅛ teaspoonful pepper
1½ cupfuls milk
½ cupful chili sauce

Cook the mushrooms in the butter for five minutes, remove them, then add the flour and seasonings. Gradually pour in the milk, and when smooth and boiling, add the chili sauce. Use the mushroom caps as a garnish to the dish with which the sauce is served.

Sweet Pepper Sauce

2 tablespoonfuls butter
1 clove garlic, minced
½ onion, diced
1 tablespoonful flour
1 cupful boiling water
1 cupful chopped sweet peppers
½ teaspoonful salt
⅛ teaspoonful pepper
½ teaspoonful minced parsley

Melt the butter, add the garlic and onion, fry until yellow, stir in the flour, add the water and peppers, simmer for ten minutes, and season with salt, pepper, and parsley.

CHAPTER XXIII

SALADS AND SALAD DRESSINGS

(All measurements are level)

SALADS may be divided into three classes:

1. Light or dinner salads.
2. Luncheon or supper salads.
3. Fruit or dessert salads.

This grouping is built upon the place that the salad may occupy in the meal and is quite different from almost all other classifications. As home-makers, we need to learn to regard foods as units of the meal in which they are to appear rather than as single dishes.

Light or Dinner Salads

Under this heading we include all green salads dressed at the table, plain green salads served with French dressing, and salads made of non-starchy vegetables. In other words, salads which give bulk, minerals, liquid, fat, and acid as is found in French dressing.

Salads served with mayonnaise, cheese dressing, or boiled dressing, are not generally used at dinner, neither are meat, fish, eggs, or any of the protein salads, unless the salad is to act as the main portion of an informal dinner. In this case, any one of the luncheon or supper salads in this book may be used. The only time when fruit salads are used at dinner is when a very little acid fruit, as grapefruit, is combined with a salad green and served with a French dressing or one of its derivatives. In case a fruit salad is to be used at dinner in any other way, it must take the place of the dessert, provided that the remainder of the meal does not contain much fat, a mayonnaise or whipped-cream dressing may be used.

Luncheon or Supper Salads

Under this heading we have all salads dressed at the table which contain a protein, as cheese, nuts, or cooked dried beans; all fish salads; salads containing eggs, meat, whether they are plain, jellied, or in combination with other food ingredients, are often put together with French dressing to moisten, a little mayonnaise, whipped-cream dressing, or boiled dressing being added to blend and to act as a garnish. In every instance, such salads are served on a background of some crisp green.

Fruit or Dessert Salads

Under this heading we have all fruit salads, plain or in combination with other foods. In case cheese balls or nuts in any form are used, these salads may act as part of the protein of the meal, and must always contain at least one fresh fruit or celery, in order to give a crisp taste. If this is done, canned fruits may be used.

Fruit salads are served with various dressings, French dressing made with lemon juice being the simplest, French fruit dressing, mayonnaise containing no mustard, whipped-cream mayonnaise, and the various other dressings given in this book being suitable. The place that the salad is to occupy in the meal dictates the type of dressing.

Fruit salads may take the place of dessert at dinner, luncheon, or supper. They are also suitable to use as the main course at the last two meals, or for afternoon or evening refreshments. If plain fruit salad is served as the *pièce de résistance*, sufficient protein must be introduced in the other foods to provide the necessary balance.

Illustrative Menus

1

Showing How the Dinner Salad Is Used

Broiled Steak — Parsley Potatoes
Fresh Lima Beans — Bran Rolls and Butter
Diced Cucumbers, Minced Onion and Lettuce Salad
French Dressing
Warm Gingerbread — Cheese
Coffee

2

Showing How the Luncheon or Supper Salad Is Used

Tomato Bouillon
Egg and Potato Salad Mayonnaise Dressing
Quick Entire-Wheat Bread and Butter
Fresh or Canned Fruit
Tea

3

Showing How the Dessert Salad Is Introduced

Chicken Noodle Soup
Meat Loaf Tomato Sauce
Mashed Potatoes Braised Celery
Bread and Butter
Pineapple Salad, Mayonnaise Crisped Crackers
Coffee

4

Showing How a Jellied Fruit Salad May Be Served in a Luncheon or Summer Dinner Menu

Broiled Whitefish, Halibut, or Swordfish, with Catchup Sauce
Boiled Buttered Rice String Beans
Jellied Strawberry Salad, Whipped Cream Mayonnaise
Cheese Crackers
Hot or Iced Tea

Salad Greens, and How to Prepare Them

Various kinds of salad greens may be used either as a salad background or as the main part of a salad, either plain or in combination. In every case, the salad green should be thoroughly washed in cold water, drained for a few moments, and then placed next the ice in a cheesecloth bag kept for the purpose. If there is no ice, place the salad greens in a granite pail, cover tightly, and let stand in a current of cool air, or in a cool cellar or basement.

Shredding Salad Greens

Unless the outer leaves are decidedly wilted or decayed, they should not be discarded, but should be used in soup-making or, if they are sufficiently tender, in salad making.

A good way to divide salad greens so that everyone will

have some of the heart of the lettuce or romaine, or whatever is chosen, as well as some of the outer leaves, is to shred them. To do this, place alternately white and green leaves in a pile until a good-sized handful has been put together. Put these on a vegetable board and with a sharp knife shred them across, or cut them with scissors into narrow ribbon-like strips. Greens prepared in this way may be used in the salad itself or as a basis. A few of the heart leaves may be reserved for garnishing, if desired.

List of Salad Greens

The various salad greens in use are as follows:

Lettuce

Under this heading we have three kinds:

1. Cabbage or head lettuce, which is generally grown everywhere.

2. Cutting lettuce, which means lettuce that is not allowed to head, but cut directly from time to time from the little lettuce plants.

3. Romaine, which is known sometimes as cos, or leaf lettuce, and is always headed up.

We have another type of lettuce which is now on sale in the fall in large cities, and is known as Iceland lettuce. It is extremely crisp and brittle, and although it has a distinct lettuce flavour, rather suggests the cabbage in its formation.

Cabbage

The cabbage is not generally considered a salad plant, but it is so well adapted in varying forms to salad making that it should be considered under this heading. We have five types of cabbage that may be used in making salads:

First, Chinese cabbage, which is sometimes known as Chinese celery, and which grows in long heads or stalks that resemble somewhat French endive. Then kohl-rabi, which may be sliced and used raw. Either the common white or red cabbage may be shredded, or small cabbage leaves may be used as containers for the salad, no other green being necessary. Both savoy cabbage and cauliflower are also adaptable and may be used raw.

Endive

There are three kinds of endive, which, by the way, are closely allied to the dandelion which accounts for the bitterness. The common types are curly endive or escarole, and the broad-leaf endive. The first may be obtained both winter and summer, the second, largely during the winter season. Both types are blanched and may be used instead of lettuce. Another type of endive is that which is found only during the winter and which is largely imported; it is the Witloof or Brussels chicory, familiarly known in this country as French endive, and which consists of a stalk of thick, creamy white leaves, long and narrow, closely headed up, like the Chinese cabbage or celery. This salad is used by itself, never as a background to another salad.

Chicory

This is a salad plant of commoner type, somewhat like curly endive. It is obtainable throughout the year, and is also blanched.

Cress

Under this heading we have watercress or garden cress, which is sometimes known as pepper grass.

Wild Salads

Under this heading we have dandelions, which are also cultivated, sorrel, purslane, plantain, and mustard, which, by the way, is often cultivated along with garden cress.

Further Salad Greens

Others, which are little used, but which contain quite as much food value as lettuce, are young turnip tops, salsify tops, or young radish tops, all of which are used without cooking; the tender leaves of spinach may also be used raw. Tender celery tops may be a salad background, while celery itself, diced, shredded, or introduced in other ways, is a welcome addition to almost any other salad.

Raw Celeriac Salad

The celeriac roots, when washed and pared, may be diced, chopped, or cut in thin slices or strips, and used as a salad,

with plain French dressing and a salad green, or in place of celery in almost any salad calling for the latter.

Quick Salad Making

A green salad should be introduced once a day in every household in order to obtain bulk and the fresh livening properties which all uncooked salad plants contain, known as vitamines. It is not necessary to choose an expensive salad; coleslaw, for instance, is more valuable than any of the other salads. Neither is it necessary to follow a stereotyped recipe. The easiest method to follow in preparing a "green salad a day" is to have in addition to the bag for salad greens a second cheesecloth bag into which various raw vegetables, suitable for salad making, can be put to chill after they have been washed. Into such a bag can go a quarter of a cabbage, left perhaps from dinner, half a cucumber, a few left-over radishes, a knob of celeriac, two or three mushrooms, a small tomato, a few flowerets of cauliflower, half of a green pepper, and so on. If the salad bag is kept in mind, there will never be a lack of material for the making of a quick green salad, which may be either dressed at the table or combined with French dressing.

Dressing Salads at the Table

This is one of the most attractive and practical ways of serving salad provided the hostess understands the art of salad making and works deftly. Select a large, attractive salad bowl, arrange in it the crisped salad greens, which may be lettuce, cress, romaine, chicory, dandelion, field salad, or any two of these in combination. If a substantial salad is desired, sliced beets, hard-cooked eggs sliced or cut lengthwise into eighths, asparagus tips, diced tart apples or other fruit, flaked firm fish, or diced meat may be distributed among the salad greens.

The ingredients for the dressing should be arranged on a small tray and consist of salt, paprika, salad oil, and vinegar or lemon juice, these being in appropriate cruets. A little mustard, dry or mixed, may be included among the seasonings.

To dress salad for six, take three tablespoonfuls of salad oil, pour two of these over the salad and add to the third one

a teaspoonful of salt, one-eighth teaspoonful of paprika, and one-eighth teaspoonful of mustard (optional). Mix and pour over the salad and stir and toss the whole thoroughly about. A tablespoonful of vinegar should then be measured and added to the salad; again mix thoroughly. It is then ready for serving.

Arranging Salads for Serving

No matter what kind of salad is being served, it can be attractively arranged. If to be dressed at the table, the crisp, dainty leaves may be so put together that they look like part of the garden itself. Sometimes bits of red or green peppers, minced fresh herbs, or sliced or grated raw carrots, may be used to add a bit of colour. In case the salad is to be arranged more elaborately, either on a good-sized platter or on individual plates, there is opportunity for unusual garnishing. When the term garnishing is used in connection with the salad, it really implies both arrangement and decoration.

The ingredients should be neatly arranged, no dressing being spilled on the edge of the plate. The salad leaves should not extend beyond the flange of the dish on which the salad is served, as otherwise it will be impossible to serve or eat the salad easily. The ingredients should not be sprawled all over the plate or dish, but should be geometrically and attractively arranged so that the dish conveys a sense of smartness. A bit of garnishing should always be added; this acts as a climax and is to the salad what the right bit of jewellery is to a costume. The garnish chosen must harmonize with the salad.

Savoury Salad Garnishes

Cooked carrots, beets, pimientos, green peppers, may be cut in strips, diamond shape, or in fancy shapes with little vegetable cutters. Sliced hard-cooked eggs, or chopped egg whites, or riced egg yolks, may be used. Capers, pickled nasturtium seeds, whole ripe or green olives; sliced stuffed olives, sliced pickles, or pickles cut fan fashion; sprigs of parsley or mint; small spoonfuls of chow-chow or pickled cabbage; fringed celery or radish roses; sections of tomato or thin slices of very tart red apples, the skins being left on,

sliced cucumbers plain or fluted, tiny pickled onions, and certain highly flavoured cheeses cut in cubes or made into tiny balls, or tiny carrot shapes, may be used.

Cubes of aspic jelly (any kind except lemon aspic) and decorations of very stiff mayonnaise are also appropriate.

Sweet Salad Garnishes

Cubes of lemon aspic, pipings of very stiff mayonnaise (either plain or whipped cream mayonnaise), blanched nut meats, maraschino cherries, large canned red cherries, cocoanut, not too sweet; tiny cubes of currant or cranberry jelly, bland cheeses cut into cubes or shaped into balls; fringed celery, strips of pimientos, parsley, and mint, may be used.

Dishes for Salad Service

Medium-sized plates, about seven inches, are used for individual salad service. Very large bowls that will permit of tossing the salad about are chosen for dressing salads at the table. When a salad is put together and served "family style," a shallow bowl may be used, or, in case an elaborate effect is desired, the salad may be piled mound fashion upon a platter, and if a jellied salad is being served, either a platter or the individual style of service should always be chosen.

Glass salad bowls are very smart for fruit salad. Glass salad plates may be used for any type of salad.

A salad fork and spoon are provided when the salad is dressed at the table or served from a platter or bowl.

Salad Accompaniments

The accompaniment to a salad depends upon the place it is to occupy in the menu. If to be the main course at luncheon or supper, or an informal dinner, the obvious accompaniment is bread and butter in some form.

If a fruit salad is to act instead of dessert, a simple accompaniment, as crisp crackers, which are already buttered, cheese crackers, crackers and cheese, tiny sandwiches with a very simple filling, such as lemon butter, cream cheese, or minced nuts, or buttered toast dusted with chopped nut meats, may be chosen.

If the meal is quite formal, the salad is often accompanied with cheese straws, tiny cheese croquettes (see section on

Cheese), while if a green salad is used as the main part of an informal meal, the accompaniment may introduce a substantial note in the form of a minced-meat sandwich, nut or cheese sandwich; baking-powder biscuits or small rolls are also appropriate.

If a sweet salad is provided at the end of the meal, it is sometimes served with coffee cake or sweet rolls (see section on Yeast Breads). The accompaniment must always be selected to harmonize with the salad itself.

Salad Dressings

The ingredients used in salad dressings are simple. First, there is the salad oil; olive oil has the most pronounced flavour, but as far as food value is concerned, the vegetable salad oils are on a par with it. In fact, unless the olive oil flavour is really desired, a good vegetable oil will give as satisfactory results at less expense.

If olive oil flavour is desired, it may be obtained by using one part olive oil to two parts vegetable oil. All condiments should be fresh and strong; if possible, freshly ground pepper should be used. All vinegar should be of the best quality, and if too strong, it should be diluted with cold water.

Various types of vinegar may be used to produce different flavours, as celery vinegar, Italian vinegar, vinegar flavoured with garlic, tarragon vinegar, etc. Both the Italian and tarragon vinegar may be purchased. If garlic or celery vinegar is desired, they may be made by placing two cloves of garlic or a tablespoonful of celery seed in a pint of vinegar and allowing it to stand, covered, for two weeks, when it should be strained.

All eggs should be strictly fresh for mayonnaise making.

Sweet or slightly sour cream may be used interchangeably.

Honey is a wonderful sweetener for salad dressings, and it introduces vitamines as well.

FRENCH DRESSING

This is the simplest of all salad dressings. If the family is small, it is a good plan to make it in a French-dressing bottle, which may be bought for the purpose, and in which a sufficient amount for three or four salads can be combined.

The bottle is placed upon the table. In case the family is large, French dressing should be made in quantity, kept in the icebox, and used as needed.

To make a plain French dressing, use three times as much oil as vinegar, with salt and pepper to taste. Six tablespoonfuls of oil and two of vinegar, with half a teaspoonful of salt and an eighth of a teaspoonful of pepper, will dress a salad for six people. The dressing is made by putting all the ingredients together in a bowl and beating them with a fork or egg-beater until blended. When left to stand, the oil will rise to the top and will apparently separate, but this will not affect the dressing. It may be beaten over and used to the last drop.

When used in large quantities an efficient plan is to measure into a Mason jar a cupful and a half of the oil, half a cupful of vinegar, three teaspoonfuls of salt, and a half teaspoonful of pepper. A vigorous shaking will prepare it for use as needed.

Savoury French Dressing

To the recipe for French dressing add one tablespoonful of chopped sour pickle, one teaspoonful Worcestershire sauce, and one tablespoonful minced green pepper or pimiento.

Chili French Dressing

Add two tablespoonfuls chili sauce to the recipe for French dressing.

Italian French Dressing

Add two shredded anchovies and one half clove of garlic, pounded fine, to the recipe for French dressing.

Egg French Dressing

To the recipe for French dressing add two mashed egg yolks, two teaspoonfuls minced pimiento, and a little paprika.

Chiffonade Dressing

Add to the recipe for French dressing one half shredded pimiento, one teaspoonful minced parsley, a little paprika, and a hard-cooked egg chopped fine.

How to Use Derivatives of French Dressing

These may be served with any green vegetable, or on fish and vegetable salads.

French Dressing for Fruit Salads

Prepare the recipe for French dressing, either for use in quantity, large or small, using lemon juice instead of vinegar.

Roquefort Dressing

Mash three tablespoonfuls of Roquefort cheese and beat into the recipe for French dressing (small quantity).

Roquefort French Dressing

Follow the recipe for Roquefort dressing, adding two minced pimientos and a little paprika.

Honey Dressing

To the recipe for French dressing made with lemon juice beat in one tablespoonful of honey. This can be used with fruit salads or with tomato or other vegetable salad, in case a sweet effect is desired.

French Fruit Salad Dressing

4 tablespoonfuls grapejuice or juice from canned red cherries
2½ tablespoonfuls salad oil
1 tablespoonful lemon juice
½ teaspoonful salt
⅛ teaspoonful paprika

Put all the ingredients together in a jar and shake thoroughly. Use with fruit salads.

Mint Salad Dressing

½ cupful salad oil
¼ cupful lemon juice or mild vinegar
¼ teaspoonful salt
2 tablespoonfuls minced mint
1½ tablespoonfuls powdered sugar
Dash of paprika

Add the lemon juice or vinegar gradually to the salad oil and beat until emulsified. Stir in the mint, salt, sugar, and paprika, and continue beating until the sugar is dissolved.

If preferred, the lemon juice or vinegar may be scalded, poured over the mint, allowed to stand until cold, then

strained. In this way the mint flavour will be transferred without the mint itself being apparent.

Mock Roquefort Dressing

¾ cupful fresh cottage cheese
½ teaspoonful salt
⅛ teaspoonful pepper
⅛ teaspoonful paprika
1 teaspoonful minced parsley
1 cupful boiled salad dressing

Work the salt, pepper, paprika, and parsley into the cottage cheese with a fork. Then beat them into the boiled dressing and set aside to chill thoroughly before using.

Cream Cheese Salad Dressing

5 tablespoonfuls cottage cheese or cream cheese
½ teaspoonful salt
⅛ teaspoonful paprika
8 minced pickled onions
4 tablespoonfuls vinegar from sweet pickles
7 tablespoonfuls salad oil

Beat the cheese with a fork until soft. Work in the seasonings and vinegar, then add the minced onions, beat in the oil, and serve with any plain green salad, or with such cooked salads as cowslip, dandelion, or spinach greens.

MAYONNAISE DRESSINGS

The making of mayonnaise is a very easy process. It is not necessary to have the dressing curdle; in fact, this will never happen if the bowl and other utensils and the ingredients are of the same temperature; whether they are chilled or not makes no difference.

The dressing should always be rapidly made. As it keeps well for at least two weeks in a cool place without separating, it is advisable to make it in quantity, a quart at a time being none too much.

Mayonnaise, like French dressing, can be varied in many ways, so it is a good plan to divide the quart into four jars, adding other ingredients to make up different types of dressings.

With mayonnaise of the right kind ready to use, it takes but a few moments to put together a delicious salad. Although there are several methods of making mayonnaise, I have put into this book only two, both of which are quick and simple.

Plain Mayonnaise

1 egg
½ teaspoonful dry mustard (optional)
½ teaspoonful salt
1 teaspoonful powdered sugar
¼ teaspoonful paprika
¾ tablespoonful lemon juice
¾ tablespoonful vinegar
2 cupfuls salad oil

Break the egg into a quart bowl which tapers toward the bottom, stir with a fork, and add the dry ingredients. When well mixed, stir in the lemon juice and vinegar, beat for a moment with a rotary egg-beater, then add a teaspoonful of the oil; beat this in, then a little more, continue to add it by teaspoonfuls until the dressing has begun decidedly to thicken, then add the oil in large quantities. When done, beat in one tablespoonful of boiling water to bind the mayonnaise together.

If Mayonnaise Curdles

Mayonnaise will never separate except through carelessness. If this should happen, it can often be retrieved by beating in an extra tablespoonful of boiling water to a pint of dressing, or by beating a pint of the dressing gradually into a heaping tablespoonful of mashed white or sweet potatoes.

Mayonnaise in Quantity

Double the ingredients in the preceding recipe, keep it closely covered in jars in a cool place, *not* next the ice.

Evaporated Milk or Sour Cream Mayonnaise

¼ cupful undiluted evaporated milk or thick sour cream
½ teaspoonful salt
¼ teaspoonful paprika
1 teaspoonful powdered sugar
⅓ teaspoonful mustard (optional)
3 tablespoonfuls vinegar
¾ cupful salad oil

Combine the seasonings in a small deep bowl, stir in the evaporated milk or cream, and when blended put in the oil a teaspoonful at a time, beating thoroughly with a rotary egg-beater. Lastly, beat in the vinegar and then add a half tablespoonful of boiling water and beat the mixture vigorously.

Derivatives of Mayonnaise

Either plain or evaporated milk mayonnaise may be used as the basis for varied mayonnaise dressings. A few of these are as follows:

Whipped Cream Mayonnaise

To one cupful of mayonnaise add one-third cupful of whipped cream and three-fourths tablespoonful of lemon juice. Use with fruit salad.

Toasted Nut Mayonnaise

To one cupful of mayonnaise add one-third cupful of toasted chopped nuts. Use with potato, tomato, celeriac, or plain fruit salad.

Celery Mayonnaise

To one cupful of mayonnaise add one-half cupful finely diced celery. Use with any meat, fish, or vegetable salad.

Horseradish Mayonnaise

To one cupful of mayonnaise add one-fourth cupful of horseradish. Use with any tart vegetable, fish, or strongly flavoured meat salad, as ham or tongue.

Chili Mayonnaise

To one cupful of mayonnaise add one-third cupful of chili sauce.

Russian Dressing

To one cupful of mayonnaise add one-third cupful of chili sauce, two tablespoonfuls minced chives, or one teaspoonful finely minced onion, one-half tablespoonful minced parsley, one tablespoonful minced pickles, and a half tablespoonful caviar, or two shredded sardines.

Thousand Island Dressing

To one cupful of mayonnaise add one-third cupful chili sauce, one tablespoonful minced chives, or one-half teaspoonful finely minced onion, one teaspoonful minced parsley, one tablespoonful chow-chow, one tablespoonful chopped stuffed olives, one hard-cooked egg, chopped fine, and one-third cupful of whipped cream. Use with any green salad, same as Russian dressing.

Stiff Mayonnaise for Decorating

To a pint of plain mayonnaise add one teaspoonful of gelatine containing one teaspoonful of cold water; then melt it over steam. In case the mayonnaise itself is not very stiff, the amount of gelatine should be doubled.

COOKED SALAD DRESSINGS

Boiled salad dressings should not be sweetened unless a special dressing is being made for fruit, which contains the fruit juice itself, as the pineapple boiled dressing, given in this section.

The rich salad dressing given is really an oil dressing, but the oil is so diluted, and the method of making is so different, that it can be used by those who do not care for mayonnaise.

The plain boiled dressing can be used in any recipe calling for mayonnaise.

Cooked Oil Dressing

1 cupful salad oil
2 egg yolks
1 cupful boiling water
3 tablespoonfuls flour
3 tablespoonfuls vinegar
1 teaspoonful salt
¼ teaspoonful pepper

Combine the flour and three tablespoonfuls of the oil, add the vinegar and the water, and when boiling rapidly, pour it gently into the blended flour and oil. Add the salt and pepper, and boil until thick, about five minutes. Slightly beat the egg yolks, pour the boiling sauce into them, beat constantly, then cool the mixture. Beat in the remaining oil and set aside until ready to use. If desired, a half cupful of whipped cream or a beaten egg white may be added just before serving.

Rich Boiled Dressing

2 egg yolks
2 tablespoonfuls flour
2 tablespoonfuls melted butter or oil
1½ teaspoonfuls salt
¾ teaspoonful mustard
2 tablespoonfuls sugar
¼ teaspoonful paprika
⅓ cupful mild vinegar
1¼ tablespoonfuls top milk or undiluted evaporated milk

Combine the dry ingredients in a double-boiler top. Stir in the egg yolks, add the butter melted, and the milk, cook

over boiling water, stirring constantly until the mixture begins to thicken, then stir in the vinegar. When thick like custard remove from the heat and cool.

Derivatives of Boiled Dressing

Ham Salad Dressing

To one cupful of either of the above salad dressings add one-half cupful of minced ham, and if convenient, a tablespoonful minced green pepper. Use with any vegetable or green salad.

Peanut-Butter Salad Dressing

Add one cupful of cooked salad dressing gradually to one-fourth cupful of peanut butter. Use with any vegetable or fruit salad.

Pineapple Dressing for Fruit Salad

½ cupful juice from canned pineapple
4 tablespoonfuls lemon juice
½ cupful heavy cream
⅓ cupful sugar
2 eggs

Beat the eggs light in a double-boiler top, whip in the sugar, and add the pineapple and lemon juice combined. Cook over hot water, stirring constantly until the mixture is thick like custard. Chill, beating occasionally, then add the cream whipped stiff. Use as a garnish to a fruit salad which has been put together with French dressing made with lemon juice, or French fruit-salad dressing.

Honey Whipped Cream Salad Dressing

1 cupful heavy cream, sweet or slightly sour
2 tablespoonfuls strained honey
1 tablespoonful lemon juice
Few grains salt

Whip the cream, gradually beating in the honey and salt. Then add the lemon juice and use in making up any frozen fruit salad that is to serve as a sweet.

The Principles of Salad Making

No matter what type of salad is being made, certain general principles must always be followed:

1. The vegetables and salad greens must be crisp and well dried.

2. All meat and vegetables or fish must be diced, not put through the food chopper.
3. The right dressing for each salad must be chosen.
4. The serving plates should be chilled.
5. All ingredients needing special seasoning, as meat or fish, should be combined with sufficient dressing to moisten and allowed to stand to marinate or season for at least thirty minutes in a cool place.
6. The salad should not be put together until the last minute before serving.
7. Some sort of salad green must be used with every salad.
8. All ingredients should be thoroughly drained, and should be very cold before putting together.

LIGHT OR DINNER SALADS

Alligator Pear Salad

Chill an alligator pear, peel it, cut in halves and remove the pits, cut it in ring crosswise, as far as possible, and serve with French dressing and a garnish of lettuce.

Alligator Pear and Tomato Salad

Serve a slice of alligator pear and a slice of tomato with French dressing and a garnish of lettuce for each person.

Savoury Lettuce Salad

1 green pepper or 1 canned pimiento
½ teaspoonful onion juice
⅓ teaspoonful salt
⅛ teaspoonful paprika
Crisp lettuce
1 tablespoonful minced olives or stuffed olives

Cut the pepper or pimiento into very thin strips, add the onion juice, minced olives, salt, and paprika and strew over the lettuce. Serve with mayonnaise, French, or boiled salad dressing.

Orange and Tomato Salad

3 tomatoes
3 oranges
1 tablespoonful minced parsley
3 tablespoonfuls salad oil
¼ teaspoonful salt
⅛ teaspoonful paprika
1 tablespoonful orange juice
1 tablespoonful tarragon vinegar
Lettuce

Peel and slice the tomatoes and oranges and arrange them in alternate layers on a bed of lettuce. Prepare a dressing by blending the oil, salt, paprika, orange juice, and vinegar. Pour this over the salad and sprinkle with the parsley.

Grapefruit Salad

1 grapefruit Lettuce

Pare the grapefruit, being careful to remove all white pith with a very sharp knife. Cut out the sections or carpels, arrange for individual service, pour over the dressing, and garnish with lettuce.

Savoury Romaine Fruit Salad

To each person allow one crisped, rather large leaf of romaine. In the groove of this arrange, alternately, a section of orange from which the fibre has been removed, one of grapefruit, one of apple or pineapple. Serve plain or with French dressing, paprika, and a garnish of tiny strips of pimiento.

Hearts of Lettuce Golden Gate

Cut small lettuce hearts in halves, allowing one half to each person. Put on a salad plate, cut side up, and arrange overlapping sections on it of sliced orange and apple, with the red skin left on. Serve with French dressing and a garnish of minced pimientos.

Chinese Celery Salad

Allow one fourth of a stalk of Chinese celery or cabbage to each person. Put this on a salad plate, and on it lay alternating strips of pimiento and scalded green pepper, or heap it with sliced red radishes. Serve with any desired French dressing.

Plain String Bean Salad

Left-over string beans which have been broken may be used. Dress them with French dressing to moisten, let stand half an hour to become very cold, and serve with a garnish of lettuce leaves and shredded pimientos. If desired, cottage or cream-cheese balls, or little snappy-cheese "carrots" may be served with this salad, together with toasted crackers.

Salsify, Tomato, and Celery Salad

1½ cupfuls cooked sliced salsify
2 tomatoes sliced lengthwise
1 cupful minced celery
Savoury French dressing
Lettuce or other salad green

Combine the salsify and celery with the dressing and arrange on a salad plate with a border of the sliced tomato and the salad green.

Plain Parsnip Salad

2 cupfuls thinly sliced cooked parsnips
½ cupful minced celery
2 tablespoonfuls minced green pepper
French dressing
Lettuce or watercress

Combine the parsnips and the celery with dressing to moisten. Stir in the green peppers and chill for half an hour. Then serve on a bed of the salad green.

Raw Spinach Salad

Thoroughly wash the tender centre leaves of spinach, and crisp as for plain celery; serve a bunch or a little heaped-up pile to each person, with savoury French dressing, Russian, or Thousand Island dressing.

Moulded Spinach Salad

Pack well-seasoned cooked spinach chopped fine into timbale moulds or after-dinner coffee cups which have been rinsed with cold water. When thoroughly chilled, unmould and serve individually with French egg dressing or chiffonade dressing, and a garnish of cress or lettuce. This can be unmoulded on slices of ham or tongue.

Salad of Moulded Greens

Substitute any kind of cooked greens for the spinach, as cowslips, dandelion, chard, etc.

Dandelion and Egg Salad

2 cupfuls very tender dandelion leaves
2 hard-cooked eggs
1 teaspoonful melted butter
1 tablespoonful chili sauce
Dash of paprika and salt
French dressing

Clean and chill the dandelions. Arrange on a rather flat salad plate and garnish with the eggs, the whites cut into

oblong strips to simulate daisy petals, the yolks mashed and seasoned with the salt, paprika, chili sauce, and melted butter. Form the yolks into balls and set one of these in the centre of a group of white "petals." Serve the French dressing separately.

Spanish Cabbage Salad

- 1½ cupfuls finely shredded white cabbage
- 1 cupful diced cucumbers
- ½ cupful thinly sliced onions
- Chili mayonnaise
- 2 large tomatoes, sliced perpendicularly
- 1 hard-cooked egg
- French dressing
- Lettuce

Let the cabbage and cucumbers crisp separately in very cold water, then drain. Toss each vegetable separately in French dressing and add sufficient mayonnaise to the cabbage and onion mixed to bind. On a salad plate arrange in the centre a mound of the cabbage-and-onion mixture, surround with a ring of the tomato, then one of the cucumber, and lastly, garnish the edge with the salad green itself. Sprinkle the hard-cooked egg, chopped fine, over the cabbage centre.

Hearts of Lettuce

Whenever a salad calling for hearts of lettuce is used, the centre or firm part of the head is served.

To prepare this, pull off the outer leaves until the head feels firm, cut the root end off, and slice the hearts down in halves, then in quarters, and crisp them as for plain lettuce. Serve with Thousand Island or Russian dressing.

Asparagus and Tomato Aspic Salad

Cut tomato aspic in two-and-a-half inch squares and arrange each on an individual plate, wreathing with watercress. Pile cooked asparagus stalks on the top of each cube, cutting them the exact length to fit. Pour over Thousand Island dressing and serve at once.

Plain Asparagus Salad

To be most attractive this should be arranged individually. Place one or two crisp lettuce leaves on each plate, and on these dispose six or more cooked asparagus tips, piling them up, putting three at the base, then two, then one to

finish the top. Pour over plain French dressing and serve very cold.

To vary this, use chiffonade or savoury French dressing.

French Artichoke and Tomato Salad

3 cooked globe artichoke bottoms
6 good-sized slices of tomato
6 slices hard-cooked egg
French dressing
Watercress

Slice the artichoke bottoms in halves crosswise, and let them stand for half an hour with a small amount of French dressing poured over them. Pour a little dressing over the tomatoes and let them also stand; then arrange the salad individually, as follows: A slice of tomato, then a slice of artichoke, top with a slice of the egg, and garnish with cress.

French Artichoke Canapé Salad

6 cooked French artichoke bottoms
French paprika dressing
Lettuce

Pour over the artichokes enough dressing to moisten and let them stand half an hour in a cool place; then serve on lettuce with, or without, a garnish of shredded pimientos, or crosswise rings of green pepper.

Jerusalem Artichoke and Onion Salad

2½ cupfuls cubed, steamed, or boiled Jerusalem artichokes
⅓ cupful minced chives or chopped young onions
1 cupful diced celery (optional)
French dressing, lettuce, or cress
Sliced pickled beets for garnish (optional)

Combine the artichokes, celery, chives, pour over French dressing to moisten, and let stand half an hour in a cold place; then arrange in a salad bowl which has been lined with the green, and garnish further, if desired, with the beets.

Cauliflower, Beet, and Green Pepper Salad

2 cupfuls cooked diced cauliflower
1 cupful thinly sliced pickled beets
1 minced green pepper
French dressing
Lettuce or any other salad green

Let the cauliflower and beets stand separately with a little French dressing poured over them until very cold. Just before serving, combine with the green pepper and garnish with the salad green. If desired, mayonnaise dressing may be used but it must be added at the last moment.

Whole Cauliflower Salad

Boil or steam the whole head of cauliflower as directed. Put in a bowl that fits it and pour over a half cupful of French dressing to a medium-sized cauliflower. Let stand for two or three hours, then serve on a salad plate with a wreath of cress, lettuce, and radishes, or of nasturtium leaves and blossoms. If desired, it may be placed upon a paper doily-covered plate and be surrounded with fried oysters or corn oysters, with a garnish of radish roses, celery tips and curls, or cress. In this case, it should act as the main part of the meal.

Plain Beet Salad

2 cupfuls sliced and shredded cooked beets
French dressing
1 cupful shredded lettuce

Pour the French dressing over the beets while they are still warm; let them stand to become very cold and then add a cupful of shredded lettuce, mixing well. Arrange for service upon a bed of plain lettuce or cress.

Plain Cabbage Salad

3 cupfuls finely shredded white or red cabbage, crisped
French dressing or French onion dressing
Lettuce or cress
1 minced pimiento

After shredding the cabbage let it stand for at least an hour in very cold water, or in the icebox. Then drain for a few minutes. Mix with sufficient dressing to coat it thoroughly—about six tablespoonfuls. Add the pimiento and serve at once with the salad garnish, individually or in a bowl.

Raw Carrot Salad

1¼ cupfuls grated tender raw carrots
Salt and pepper
Lettuce and cress
French dressing

If desired, the carrots may be put through the food chopper after scraping. Season them lightly with salt and pepper, mix with French dressing to moisten, and let stand thirty minutes in a cold place. Then pour over the lettuce and cress, which has been arranged in little individual nests. If desired, boiled dressing may be used instead of the French dressing.

Raw Carrot Salad with Apple

Combine two parts of grated, scraped, tender raw carrots (or they may be put through the food chopper) with one part of diced apple. Pour over French dressing or mayonnaise to moisten, chill thirty minutes in a cool place, and serve as a garnish to lettuce.

Coleslaw

Coleslaw proper consists merely of finely shredded cabbage, which has been prepared as directed in plain cabbage salad, and put together with French dressing, which may be either plain or flavoured with grated onion or celery salt. Coleslaw is sometimes put together with a boiled salad dressing, but never with mayonnaise, and may be served in this case cold, or may be put together with a hot dressing and served hot.

LUNCHEON OR SUPPER SALADS

Any kind of meat that is not too dry, any kind of fish, eggs, dairy cheese, cottage or cream cheese, nuts and various vegetables, combined with any one of the preceding foods, may be used in the preparation of these salads. The dressing is always of the more elaborate type, as mayonnaise or boiled dressing, or one of their derivatives.

The principle of putting these salads together is nearly the same. The main ingredients, with the exception of shredded lettuce, are combined with enough French dressing to moisten, then set aside for thirty minutes in a cold place to marinate or season. The lettuce or other shredded green is added, if used, together with enough mayonnaise or boiled dressing to blend. The salad is then arranged for service as desired.

Preparing the Salad Ingredients

Meat should be cut in small pieces. This is easily done by the use of a vegetable board and a very sharp knife. All vegetables should be diced or cut in neat pieces. Fish should be flaked; nut meats broken or chopped coarse. Eggs sliced lengthwise, if possible by means of an egg-slicer. Parsley, mint, and all other herbs should be minced (see section on Seasonings).

Using Left-Overs

Salads offer exceptional opportunities for the utilization of left-overs. Most of the luncheon or supper salads may have as their base certain foods which are left from a preceding meal. Considerable cooking time may be saved if, in planning the menus, this fact is kept in mind and a sufficient quantity of a vegetable, meat, or fish is prepared for use in a salad on the succeeding day.

Salad Platter Meals

The salad, alone or in combination with cold meat or fish, offers excellent opportunity for the serving of a one-dish or platter meal. Such combinations are especially suited to warm-weather service, and include such groups as:

1. Potato salad, sliced tomatoes with French dressing, and sliced ham or tongue.
2. Pressed corned beef, tomatoes stuffed with vegetable salad, and Saratoga chips.
3. Jellied fish, potato, rice, or macaroni salad, chili mayonnaise, and cucumbers with French dressing.
4. Stuffed eggs, potato salad, tomato aspic and mayonnaise.

Plain Potato Salad

3 cupfuls boiled or steamed potatoes, cut into dice while warm
1 tablespoonful grated onion or minced chives
1 tablespoonful minced parsley
1 egg, chopped fine
French dressing
Lettuce or cress

While the potatoes are still warm, add the onion, parsley, and French dressing to make the salad stick together. Then add the egg, salt, and pepper to taste, chill, and serve with a garnish of the salad green, and if desired, with a blending of mayonnaise or boiled dressing.

Potato Salad with Celery

Add one cupful of diced celery to plain potato salad, together with a little mayonnaise or boiled salad dressing.

Savoury Potato Salad

To the recipe for potato salad with celery add either one-half cupful of sauce tartare or a scant half cupful mayon-

naise or boiled dressing and one-third cupful of chow-chow and stuffed olives, minced.

Potato Egg Salad

Observe the directions for potato salad with celery, using three eggs, hard-cooked and chopped.

Potato Salad with Ham Dressing

Prepare plain potato salad, serving it with ham salad dressing.

Potato Salad with Nuts

Prepare the recipe for potato salad with celery, adding with the salad dressing three-fourths cupful of broken toasted Brazil nuts, blanched toasted filberts, or salted peanuts.

Sweet Potato, Celery, and Ham Salad

2 cupfuls diced cooked sweet potatoes
1 cupful finely diced celery
1 cupful minced ham
4 sour pickles
1 small grated onion
Salt to taste
$\frac{1}{8}$ teaspoonful cayenne
$\frac{1}{4}$ teaspoonful curry powder (optional)
French dressing
Any desired salad green

Combine the ham, sweet potatoes, and celery with the onion, the pickles chopped, and the seasonings. Thoroughly moisten with French dressing and let stand half an hour to chill. Then arrange with a garnish of the salad green and serve with or without chili salad dressing or mayonnaise.

Bread Salad

1 cupful ripe olives
1 cupful diced celery
1 tablespoonful minced green pepper or pimiento
2 hard-cooked eggs
$1\frac{1}{2}$ cupfuls diced stale bread
3 tablespoonfuls butter or a substitute
$\frac{2}{3}$ teaspoonful salt
$\frac{1}{4}$ teaspoonful paprika
1 tablespoonful salad oil
2 tablespoonfuls lemon juice
Lettuce
Salad dressing

Dice the olives from which the stones have been removed, add to them the celery, pepper or pimiento, salt and paprika, and pour over them the oil and lemon juice. Mix and place in the refrigerator for half an hour Meanwhile, sauté the

diced bread golden brown in the butter or substitute, or if preferred plunge it into deep fat hot enough to brown a piece of bread in forty seconds—375 degrees. Drain, then add to the other ingredients with the whites of the eggs finely chopped. Toss together and serve on a bed of lettuce, garnishing with the yolks of the eggs pressed through a sieve and with whole ripe olives. Pass any desired salad dressing.

Chicken Salad

2½ cupfuls diced cooked chicken
1 cupful finely diced celery
3 tablespoonfuls French dressing
Mayonnaise
Lettuce or cress

Combine the chicken and celery and French dressing, chill for thirty minutes, add mayonnaise to blend, and arrange for service with a garnish of mayonnaise, capers, stuffed olives, and the desired salad green.

Veal Salad

Substitute veal for the chicken in the preceding recipe and add, if possible, a finely minced pimiento, or two tablespoonfuls of minced green pepper put through the food chopper.

Asparagus and Chicken Salad

Follow the directions for chicken salad, substituting a cupful of shredded lettuce and a half cupful of diced cooked asparagus for the celery and one-half cupful of the chicken.

Tongue Salad

Substitute tongue for the chicken in chicken salad and use shredded cabbage, diced firm part of cucumbers or lettuce, in place of the celery. Add a chopped hard-cooked egg and a tablespoonful of chow-chow.

Lamb Salad

Use lamb instead of the chicken and add a half tablespoonful of mint.

Chicken Reception Salad

2 cupfuls diced chicken
1 cupful halved and seeded Malaga grapes
½ cupful diced celery
½ cupful shredded toasted almonds
Mayonnaise, or whipped cream mayonnaise
Lettuce

Combine the chicken and celery with sufficient mayonnaise and chill. Then stir in the grapes together with enough whipped cream mayonnaise to blend, and serve with a garnish of whipped cream mayonnaise, whole nut meats, and halves of the grapes arranged to make a design.

Corned Beef Salad

2½ cupfuls diced corned beef
1 cupful shaved cabbage
Vegetables cooked with the corned beef
1 pint potato salad
French dressing, mayonnaise, or boiled dressing
Any salad green

Combine the corned beef and cabbage with French dressing to moisten. Slice or dice the cooked vegetables (there should be about two cupfuls), and combine them with French dressing. Set aside to chill. For serving, combine the corned-beef mixture with salad dressing to blend, arrange it in the centre of a platter, flank it on either end with the potato salad, and arrange the dressed vegetables geometrically between with a garnish of the salad green.

This is a complete meal with the exception of dessert.

Ham and Chicken Salad

2 cupfuls diced chicken
1 cupful diced ham
1 cupful shredded lettuce or diced celery
½ cupful chow-chow
⅓ cupful French dressing
Mayonnaise to blend

Combine the meats with the chow-chow and French dressing, chill, add the vegetables and mayonnaise to blend, and garnish for service with extra dressing and the desired salad green. Hard-cooked egg and pickles cut in fan shapes may also be used.

Sweetbread Salad

1 pair sweetbreads
1½ cupful cooked asparagus tips
Lettuce or cress
Celery mayonnaise,
Paprika French dressing

Broil or boil the sweetbreads, remove all membrane, cut the sweetbreads in thin slices or dice, and mix them with sufficient paprika French dressing to moisten; chill and arrange for service in the centre of a platter or shallow bowl, the asparagus tips in small bundles being placed about the edge interspersed with the salad green, and garnish with

the celery mayonnaise and radish roses, or sliced stuffed olives.

Cooked calves' brains may be substituted for the sweetbreads.

Club Salad

This should be arranged individually. On each plate put a slice of crisped toasted bread, buttered, or a slice of crisply fried bread. On this place slices of chicken, a little plain or chili mayonnaise, a slice of ham, some more dressing, then a slice of tomato, a little dressing, and a small strip of fried bacon. Top with a bit of parsley and garnish either with lettuce or with lettuce and a spoonful of coleslaw.

Crabmeat Salad

2 cupfuls crabmeat
1 cupful shredded celery or chicory
1 minced green pepper
½ teaspoonful salt
⅛ teaspoonful paprika
3 tablespoonfuls French dressing
⅔ cupful mayonnaise
Lettuce
6 stuffed olives

Pick the crabmeat over very carefully so as to remove all particles of shell. Add to it the celery or chicory, minced pepper, and seasonings, then pour the French dressing over and set aside for one-half hour. Serve on individual plates, garnishing with lettuce, mayonnaise, and stuffed olives.

Lobster Salad

Substitute diced lobster for the crabmeat in the preceding recipe, and omit the green pepper.

Shrimp Salad

Substitute cooked or canned shrimp, diced, for the crabmeat, in crabmeat salad, and add either two tablespoonfuls of tiny pickled onions or one-fourth cupful of sliced stuffed olives.

Scallop Salad

1 cupful scallops
1 cupful diced celery
3 tablespoonfuls French dressing
2 tablespoonfuls minced green pepper
Small whole tomatoes
Mayonnaise
Lettuce

Cook the scallops in boiling water for about fifteen minutes. Pour cold water over them and set aside to chill. Mix the

scallops, celery, pepper, and French dressing and use to fill small whole tomatoes from which the centres have been removed. Garnish with mayonnaise and serve on crisp lettuce or with watercress.

Salmon Salad

2 cupfuls flaked salmon, canned or fresh
Juice of half a lemon
3 tablespoonfuls French dressing
¾ cupful diced celery
Firm part of cucumbers
Shredded cabbage or lettuce
Mayonnaise or boiled dressing to moisten
Any salad green

If canned salmon is used, it should be scalded and picked over. Add the lemon juice and French dressing, chill, add the diced celery or other green, and enough salad dressing to blend. Arrange for service with a garnish of lettuce and extra dressing.

Tuna Fish Salad

Follow the directions for salmon salad; if desired, one cupful of finely diced potato or cooked rice may be added. Serve with chili or Russian dressing.

Left-Over Fish Salad

2 cupfuls flaked boiled fish
¾ cupful shredded lettuce
½ cupful shredded celery
1 minced hard-cooked egg
2 tablespoonfuls minced mustard pickle
¼ cupful French dressing
Lettuce
Mayonnaise or boiled salad dressing

Fresh cod, whitefish, haddock, or halibut are all suitable for this salad, or in place of these canned salmon or tuna fish may be used.

Mix thoroughly the fish, lettuce, celery, egg, pickle, and French dressing. Arrange in nests of lettuce, pour the mayonnaise or boiled salad dressing over, and garnish with stuffed olives or radishes, or a few asparagus tips.

If the amount of fish available is scanty it may be extended with one half its bulk of finely diced well-seasoned potato.

Plain Egg Salad

6 hard-cooked eggs
Lettuce or cress
A few minced chives
2 tablespoonfuls French dressing
Chili mayonnaise

Slice the eggs crosswise or cut them into eighths, arrange in nests of lettuce, sprinkle with the chives, and pour the French dressing over. Pass the mayonnaise separately.

Stuffed Egg Salad

Prepare stuffed eggs according to any of the recipes in the egg section, allowing one to each person; arrange for service in any one of the following ways:

1. In nests of lettuce with mayonnaise, boiled dressing, or chili mayonnaise.
2. On sliced tomatoes which may or may not be sprinkled with green peppers, chives, or onions minced, and seasoned with French dressing; garnish with cress or lettuce.
3. Arrange in nests of coleslaw and garnish with cress or parsley.
4. Serve in nests of lettuce, with minced ham salad dressing.

Beet Supper Salad

1½ cupfuls chopped cooked beets
1½ cupfuls diced celery
1 cupful diced tart apple
3 hard-cooked eggs, chopped
French dressing
Boiled salad dressing or mayonnaise
Any salad green

Combine the beet, celery, and apple with enough French dressing barely to moisten. (The ingredients should be thoroughly chilled.) Then add the eggs and enough boiled or mayonnaise dressing to blend the mixture. Arrange in a salad bowl lined with the desired salad green, and garnish with parsley or slices of apple on which the red skin has been left.

Celeriac and Egg Salad

2 cupfuls diced cooked celeriac
3 hard-cooked eggs, chopped
1 small onion, grated
French dressing
Salt and pepper to taste
Lettuce or any desired salad green

Combine the celeriac, onion, and two of the eggs with French dressing to moisten. Taste the mixture and, if necessary, add a little more salt or pepper. Chill for half an hour, serve in a bowl lined with the salad green, with a garnish of the extra hard-cooked egg on the top, together with a little mayonnaise or boiled dressing, if desired.

American Cheese Salad

2 cupfuls grated American cheese
1 hard-cooked egg, chopped fine
3 tablespoonfuls French dressing
½ teaspoonful prepared mustard
Sliced tomatoes (optional)
Any salad green
Savoury French dressing

Combine the cheese, eggs, and French dressing with the mustard. Blend and form into balls; chill, and serve individually, two or three small balls to a person either piled upon dressed sliced tomatoes, with a wreath of cress or young dandelions, or in nests of lettuce.

Jane Oaker Salad

Allow half of a small lettuce heart to each person. Place this, cut side up, on a salad plate, spread the cut surface with Bar-le-Duc or currant jelly, put cream cheese over it through a potato ricer, and serve with French dressing.

Savoury Cottage Cheese Salad

2 cupfuls cottage cheese
1½ tablespoonfuls savoury French dressing
1 tablespoonful chow-chow
Lettuce or cress
1 tablespoonful minced pimiento
¾ tablespoonful chopped nut meats
Chili mayonnaise

Combine the cheese, savoury dressing, chow-chow, pimientos, and nut meats, pack into individual moulds or after-dinner coffee cups which have been wet with cold water, and when chilled unmould and serve individually with a garnish of the green and salad dressing. Some whole nut meats may be reserved to garnish the tops if desired. This may be unmoulded upon slices of tomatoes.

Cottage Cheese and Strawberry Salad

1½ cupfuls cottage cheese
1½ cupfuls halved strawberries
Honey French dressing
Whipped cream mayonnaise
Lettuce

Just before serving combine the cheese and strawberries, moistening them a little with honey French dressing. Serve individually in nests of lettuce leaves with a garnish of whipped cream mayonnaise and whole strawberries.

Celery and Cheese-Ball Salad

¾ cupful minced celery
1 small cream cheese
1 tablespoonful butter or olive oil
2 tablespoonfuls spiced vinegar
½ teaspoonful salt
½ teaspoonful curry powder
Chili sauce to moisten
French dressing
Any desired salad green

Combine the celery, cheese, seasonings, and vinegar, stir thoroughly together, and moisten with chili sauce. Make into balls the size of a walnut and chill. Serve individually, three to a person, in a nest of lettuce. Pass French dressing.

Baked Bean Salad

3 cupfuls cold baked beans
¼ cupful chow-chow
1 cupful diced firm tomatoes or celery
2 tablespoonfuls minced green pepper (optional)
½ tablespoonful grated onion (optional)
Savoury French dressing
Boiled dressing
Any salad green

Combine the beans, seasonings, and tomatoes or other green with savoury dressing to moisten, chill, mix with enough boiled dressing to blend, and serve with a garnish of the salad green, extra dressing, and pickles.

Lima Bean, Egg, and Ripe Olive Salad

2½ cupfuls cooked lima beans
2 hard-cooked eggs, chopped
½ cupful chopped ripe olives
Mayonnaise
Lettuce or cress

Combine the beans, eggs, and olives with sufficient salad dressing to bind them together. Let stand a few moments to chill and serve on the lettuce.

Turkish Bean Salad

3 cupfuls plain boiled soup beans, well-seasoned
½ cupful shredded lettuce
Few drops onion juice (optional)
½ cupful sliced red radishes
French dressing to moisten
Ripe olives
Cress

Lightly mix together the beans, lettuce, onion juice, if used, French dressing, and radishes. Chill, arrange in a salad bowl, wreathe with the cress and garnish with the ripe olives. If desired, chili mayonnaise may be passed.

When boiling beans to bake, a few extra may be prepared for this salad, or left-over boiled beans may be used.

Brown Rice and Asparagus Salad

2 cupfuls boiled brown rice
1 cupful diced cooked asparagus
¾ cupful shredded lettuce
1 teaspoonful scraped onion (optional)
1 tablespoonful minced pimiento or green pepper
½ cupful French dressing
2 tablespoonfuls chili sauce
Lettuce or cress

With a fork mix the lettuce, onion, pimiento or pepper, French dressing, and chili sauce. Then lightly add the asparagus, arrange in a shallow bowl on a bed of the boiled brown rice, and garnish with the lettuce or cress. Mayonnaise or chiffonade dressing may replace the chili sauce.

Summer Vegetable Salad

1 cupful shredded crisped cabbage
1 cupful diced cooked string beans
¾ cupful cooked peas
⅓ cupful grated raw carrot
⅓ cupful sliced radishes
2 tablespoonfuls minced young onion
½ cupful diced asparagus
Asparagus tips
Pickled beets and salad green
½ cupful French dressing
Mayonnaise or boiled salad dressing

Combine the cabbage, string beans, peas, carrot, radishes, onion, and the asparagus with French dressing to moisten. Let stand half an hour in a cold place, then carefully add enough mayonnaise or boiled salad dressing to hold it together. Pile the salad high in a salad bowl, garnish with additional mayonnaise or boiled salad dressing, and with the asparagus tips, sliced pickled beets, and one or two radish roses. Wreath with lettuce, cress, or any preferred salad green.

Cauliflower, Nut, and Tomato Jelly Salad

1 medium-sized head cauliflower
¾ cupful coarsely broken salted peanuts
½ the recipe for tomato aspic
1 minced green pepper
Mayonnaise or boiled salad dressing
Lettuce or romaine

Either boil or steam the cauliflower and separate into flowerets. Chill for half an hour with sufficient salad dressing to blend, then add two thirds of the nut meats. Pile in the centre of a salad plate, surround with the aspic cut in cubes, and then with the salad green; pour over additional dressing and sprinkle with the green pepper.

Grape, Lettuce, and Celery Salad

1½ cupfuls halved seeded Tokay or Malaga grapes
1 cupful finely diced celery
French dressing
Lettuce

Combine the grapes and celery with the dressing and place a generous spoonful on nests of lettuce leaves. Top with whipped cream mayonnaise. If desired, garnish with some extra grapes.

Chestnut, Grape, and Celery Salad

1 cupful cooked chestnuts, chopped coarse
½ cupful shredded celery
¾ cupful halved seeded Malaga or Tokay grapes
1 small head lettuce, shredded
French fruit salad dressing

Combine the chestnuts, celery, grapes, and lettuce and toss lightly together with French dressing to moisten. Before shredding the lettuce, reserve a few of the heart leaves for a garnish. Immediately upon mixing the main portion of the salad arrange it in a bowl with a garnish of the heart leaves of lettuce, and serve at once

Stuffed Vegetable Salads

Tomatoes, cucumbers, small cooked turban squashes, or tender stalks of celery lend themselves to stuffing and salad service. Large cooked beets, cooked white turnips, or scalded sweet peppers, may also be used, while hollowed-out apples may be formed into cups for the service of certain fruit or vegetable salads.

To Form Tomato Cups

Select firm tomatoes, remove the skins, and cut off the stem ends a quarter of an inch from the top. Hollow out the tomatoes with a teaspoon, dust them with salt and pepper, fill as desired, then set aside to chill.

Apple Cups

Select red apples, do not peel them, cut a slice a quarter of an inch thick from the stem end, hollow out the apple with a teaspoon, and wet inside with French dressing to prevent discolouration.

Pepper Cups

If large, cut the peppers in halves lengthwise, if small, cut off the tops; in every case remove the pith, and boil the peppers for five minutes, then rinse with French dressing and fill as desired.

Turban Squash Cups

Select very small turban squashes, boil them for twenty minutes, then hollow out the centres and rinse them with French dressing.

Cucumber Cups

Select short, stubby cucumbers, peel them, cut in halves lengthwise, and hollow out the centres, pour French dressing over and allow them to stand for at least fifteen minutes before filling, then season further.

Turnip or Beet Cups

Remove the skins from the vegetable, hollow them out with a spoon, and rinse with French dressing

Stuffed Tomato Salad

Any of the fish salads given in this book, chicken salad, coleslaw, a combination of mixed cooked vegetables with mayonnaise, pineapple mixed with mayonnaise, lima beans combined with chili mayonnaise, or a combination of two parts of celery with one of nut meats, with mayonnaise to blend, may be used. Well-seasoned cottage cheese, or the mixture for American cheese salad given in this book, may also be used. Tomato salad should be served with a garnish of lettuce and additional mayonnaise or one of its derivatives, or boiled dressing, the choice depending upon the salad filling.

Stuffed Beet or Turnip Salad

Fill the hollowed-out vegetables with any type of vegetable or fish salad desired. (See recipes in this book.) Serve with boiled or savoury French dressing and a garnish of lettuce or cress.

Stuffed Turban Squash Salad

Fill the hollowed squash with chicken, crabmeat, salmon, tuna fish, or summer vegetable salad. Serve with mayonnaise or boiled dressing, or with sauce tartare, and garnish with watercress or lettuce and radish roses.

Stuffed Pepper Salad

Fill the prepared peppers with any of the vegetable, fish, or meat salads given in this book, or with the mixture for American cheese salad, or savoury cottage cheese salad. Garnish with some other bland salad green and a further garnish of plain mayonnaise or one of its derivatives.

Stuffed Apple Salad

Fill the apples with the mixture for chicken reception salad, any fruit salad, or Waldorf salad. Serve with a garnish of lettuce and whipped-cream mayonnaise.

Tremont Salad

1½ cupfuls shredded apples
1½ cupfuls diced celery
½ cupful toasted nut meats, chopped, any kind
1 firm tomato, diced
Mayonnaise
Lettuce

Combine the apples, celery, nuts, and tomato with mayonnaise to blend, and serve with a garnish of lettuce, additional mayonnaise, and a few whole nut meats.

FRUIT SALADS

Fruit salads depend for their charm upon two things: they must be attractive in appearance and made of well-drained, well-prepared fruits.

If oranges or grapefruit are used, the sections or carpels should be removed whole. Cherries should be stoned, this can be easily done by means of a clean hairpin. Apples should be diced or shredded just before they are added, so that they will not be discoloured. Strawberries or blackberries should be well washed and thoroughly drained before adding, so that they will not discolor the salad. All of the fruit should be in large enough pieces so that they are distinct.

To Obtain Sections of Grapefruit

Pare the fruit so that all the pith is removed, then with a sharp knife cut out each section, leaving the connecting membrane fastened to the centre core.

Fruit salads can always be reinforced by the addition of nut meats or the use of toasted nut mayonnaise, or by the service with them of small balls of American or cottage cheese, which may be dusted with a little paprika, or by the use of shredded cocoanut, which may be sprinkled over. Interesting accompaniments are dried figs stuffed with nuts or cream cheese; dates stuffed with cream cheese or peanut butter; or prunes stuffed with cheese or nut meats. Only bland dressings should be used.

The salads should be put together with French fruit dressing or honey French dressing, according to the place they are to occupy in the meal. Mayonnaise or whipped cream mayonnaise is used for the service, unless the salad is to take the place of dessert, when the cooked pineapple dressing given in this book may be used.

Occasionally cream or Neufchâtel cheese is thickly sprinkled over the top of a fruit salad by pressing it through a potato ricer or a sieve, but this is only in case the salad is to take the place of the main course at luncheon or supper.

Salads that may be made from fruit are so many that it is possible only to give a few suggestions in a book of this size. They offer an unusual opportunity for using left-overs. Half an orange, a piece of banana, a few grapes that have fallen from the stems, a piece or so of celery make possible a delicious dinner salad. New salads will constantly be suggested by the contents of the refrigerator.

Waldorf Salad

2 cupfuls diced apples
1 cupful diced celery
½ cupful broken nut meats, any kind
French dressing
Mayonnaise or boiled dressing
Lettuce

Combine the apples and celery with enough French dressing to moisten, add the nut meats, mayonnaise or boiled dressing to blend, and serve in nests of lettuce leaves with a garnish of whole nut meats and thin slices of red apple with the peelings left on, or strips of pimientos.

Banana Nut Salad

For each person allow half a banana. Slice but leave the pieces sticking together. Pour over French dressing, chill a few moments, and serve with a garnish of lettuce leaves, with a thick sprinkling of chopped nut meats, any kind. Pass plain or whipped cream mayonnaise.

Cantaloupe Fruit Salad

¾ cupful diced cantaloupe
½ orange, cut in sections
½ grapefruit cut in sections
½ cupful stoned red cherries
French dressing
Lettuce

Combine the fruits with French dressing made with lemon juice, chill for a few moments, and serve in nests of lettuce.

Mango Fruit Salad

Substitute diced mangoes for the cantaloupe in the preceding recipe.

Stuffed Cherry Salad

Allow six oxheart or canned cherries to each person. Remove the pits and fill the cherries with broken pecans or with blanched filberts or cream cheese. Add French dressing made with lemon juice to moisten, and after chilling, arrange for service on crosswise slices of orange with a garnish of lettuce or cress.

Melon Salad

1 cupful cubed watermelon
1 cupful cubed cantaloupe
1 cupful cubed casaba melon
French fruit dressing
Lettuce

Combine the three melons with French fruit dressing to moisten, chill, and serve in nests of lettuce. If desired, garnish this salad with diced truffles.

Cantaloupe and Tomato Salad

3 medium-sized tomatoes
1 cupful diced cantaloupe
French dressing
Lettuce

Peel and slice the tomatoes, pour French dressing over to moisten, and combine the cantaloupe with a little French dressing; chill, and arrange for service, the lettuce bordering

the bowl or plate, the cantaloupe in the centre, and the sliced tomatoes overlapping on the lettuce.

Pineapple Salad

When the pineapple is sliced, the prettiest way to arrange this salad is individually, various ingredients piled on each slice. The slices, by the way, may be split crosswise; if this is done, three slices will be enough to serve six people. French fruit dressing, made with lemon juice, should be used, and plain or whipped-cream mayonnaise, toasted nut mayonnaise, or cooked pineapple dressing may be used as a garnish or passed, according to requirements.

Suggestive combinations are as follows:

1. Sliced pineapple with tiny balls of cream cheese mixed with mint, and French dressing, garnish with sprigs of mint, or lettuce.

2. Sliced pineapple, the centre heaped with an equal quantity of halved Tokay grapes and diced celery mixed with mayonnaise and garnished with halved Tokay grapes and lettuce.

3. Sliced pineapple, the centre being filled with diced orange mixed with mayonnaise, the garnishing consisting of thin sections of currant or cranberry jelly placed on the pineapple so that flower-like petals are simulated; the yellow centres carry out the flower resemblance. If it is dusted with finely chopped toasted nut meats a still more attractive effect may be obtained.

Stuffed Peach Salad

Either fresh or canned peaches are well adapted to salad making. If fresh peaches are used, select those of good size. Scald them, plunge at once into cold water, then remove the skins. Cut the peaches in halves and pour over them French fruit dressing made with lemon juice, to prevent discolouration.

If canned peaches are used, drain them thoroughly. The halves may be filled with various mixtures and should be served with a garnish of lettuce, or lettuce and mint.

1. Pile on each peach half a salad made of equal parts of diced apple, celery, and a few pecans put together with whipped-cream mayonnaise.

2. Pile in each peach half two or three tiny balls of cream cheese containing some minced maraschino cherries; serve with French fruit dressing.

3. Pile on each peach half a combination of whole blackberries and a little diced pineapple mixed with honey French dressing.

Plum Summer Salad

4 plums
2 large peaches
2 pears
French fruit dressing
Lettuce

Cut the plums in quarters, slice the peaches, and dice or slice the pears. Combine with the dressing, chill, and garnish with the lettuce.

Fig and Cream Cheese Salad

6 cooked figs
½ cream or Neufchâtel cheese
French dressing
Strips of pimiento
Lettuce

This salad should be arranged individually. Put some lettuce leaves on each plate. On these put the figs which have been topped with the cheese sliced, and garnish with strips of the pimiento. Pour the dressing over.

Stuffed Prune Salad

Allow three cooked prunes to each person. Remove the pits and fill the centre with seasoned cream cheese, or with cream cheese mixed with a few nut meats, or with cream cheese mixed with nut meats and maraschino cherries. Arrange for service in nests of lettuce leaves, or on crosswise slices of orange. Serve with French dressing made with lemon juice, or French fruit dressing.

JELLIED SALADS

Left-overs may be used to advantage in this type of salad making, a small amount being made to go a long way when extended by a gelatine or aspic foundation and the addition of some other foods. For instance—a jellied vegetable salad may be made of odds and ends reinforced by sliced hard-cooked eggs or a little left-over cooked ham, chicken, or veal.

Bits of fruit may be extended into an elaborate and delicious salad by the use of a lemon aspic basis, while the simplest celery and mayonnaise salad may be made, not only to go further, but to appear decidedly elaborate, if the dressing and celery are jellied together, then cut in fancy shapes.

The most elaborate of all salads, except those that are frozen, come under this classification, as jellied chicken cream salad; and it is probably due to the fact that these salads, shaped as they are in intricate ways, lend themselves to elaborate decorations. However, they are really easy to make, the only difficult thing being the necessity of thinking of making them several hours before they are to be served.

There are two ways of making jellied salads: one is to jelly the salad ingredients in a clear foundation, such as brown or white aspic, tomato, lemon, or ruby aspic. The other method is to use half or three fourths the amount of aspic called for, making up the balance by the use of mayonnaise or boiled salad dressing, in this case, the dressing is included in the salad, and it is unnecessary to serve any other.

There is one other way to solidify these salads without the use of gelatine, that is by cooking tapioca in the salad base.

Moulding Jellied Salads

The mould should be rubbed with salad oil. If a design is to be used, a thin layer of the gelatine foundation should be put into the bottom of the mould, and when it has begun to congeal, the salad decoration should be laid upon it in such a way that when the salad is unmoulded, the smooth part of the decoration will be on top. A little more aspic should then be added to set the decoration, and the mould may then be filled with the mixture, or in case the salad is to be moulded in layers, the next layer may be put on, and when that has begun to congeal, a further one may be added, and so on until all of the material has been used. The quickest way to do this is to place the mould in iced water containing a little rock salt.

The Making of Aspics

Frequent reference is made in recipes to the various aspic jellies. These are used chiefly for their decorative value as garnishes.

If to be used as a garnish, aspic jelly is allowed to cool in rather shallow pans and when firm is cut into various fancy shapes with very small cutters. The fragments left are often beaten with a fork and then piled in little mounds about the jelly, cold meat, fish, or whatever is being garnished.

The various aspics are also used for the making of jellied salads, or the moulding of fish, meats, eggs, etc. In this case oil or wet a mould, then turn a little melted aspic into it and allow this to run all over the bottom and sides of the mould until it is coated, turning the mould about so that every part of it may be evenly covered with jelly. This process will be facilitated if the mould is allowed to stand in a pan of cracked ice while the work is being done. Now, run a little more melted aspic into the bottom of the mould and allow this also to set. If a slice of salmon or halibut is to be jellied, lay it on the aspic in the mould and gradually fill the mould up with more melted jelly. Additional decorative features may be added in the way of hard-cooked egg, thin slices of cucumber, truffles, stuffed olives, green peppers, or pimientos, arranged in any preferred manner on the first layer of jelly, after which a little more jelly should be put into the mould, preferably with a spoon, and allowed to set before the fish is put into place.

Whole hard-cooked eggs, carefully poached eggs, small whole tomatoes; or in case a sweetened lemon aspic is used, perfect small fruits may be jellied in exactly the same manner, but if they are put into the mould in layers let one layer set before adding the next.

White Aspic

3½ cupfuls white stock
2 tablespoonfuls minced carrot
2 tablespoonfuls minced onion
3 tablespoonfuls minced celery
1 bouquet of herbs
1 or 2 cloves
½ teaspoonful whole peppers
½ bay leaf
½ teaspoonful salt
1½ tablespoonfuls gelatine
White of 2 eggs
¼ cupful lemon juice or mild vinegar

Cook together for twenty minutes three cupfuls of the stock, the vegetables, bouquet of herbs (consisting of a large sprig of parsley, a little summer savoury, one or two sprigs of thyme, which should be tied together), with the bay leaf, cloves, whole peppers, and salt. Meanwhile, soften the gelatine in the additional half cupful of stock. Strain the

vegetables from the stock, return to the saucepan, and add the softened gelatine, the whites of the eggs slightly beaten, and the lemon juice or vinegar. Beat with a whisk until boiling point is reached, then set aside where the contents of the pan will keep hot but not boil for twenty minutes. Strain through a flannel bag or through doubled fine cheesecloth and add commercial sherry flavouring to taste, according to the kind used.

Brown Aspic

Brown aspic is made in exactly the same manner and with the same ingredients as white aspic except that brown stock is used and a few drops of caramel or kitchen bouquet are added with the gelatine and whites of eggs to give a bright brown colour.

Tomato Aspic

Use three and one-half cupfuls of stewed sifted tomato in place of the white stock in the above recipe. Tomato aspic is not expected to be as clear as white or brown aspic, and it is therefore unnecessary to use doubled cheesecloth when straining it.

Lemon Aspic

2 tablespoonfuls granulated gelatine
3 cupfuls water
⅓ cupful lemon juice
½ cupful sugar
Thinly peeled rind ½ lemon
½ teaspoonful salt
Dash of paprika
White of 1 egg

Pour one-half cupful of the water over the gelatine, bring the remaining water slowly to boiling point with the sugar, grated lemon rind, lemon juice, salt, and paprika. Add the softened gelatine and the white of the egg slightly beaten, and whisk all together thoroughly, until the mixture boils up rapidly. Set aside for twenty minutes, then strain through a jelly bag or through doubled cheesecloth.

Ready Prepared Lemon or Fruit Aspics

Use commercially prepared quick lemon, orange, or cherry gelatine. Make according to the directions on the package, adding a little lemon juice if convenient. Use as a base for any jellied fruit salad.

Jellied Lemon, Beet and Cucumber Salad

1 pint tart lemon jelly
¼ teaspoonful salt
⅙ teaspoonful paprika
1 cupful sliced beets
1 cupful sliced cucumber
Boiled salad dressing or mayonnaise

Either a specially prepared lemon gelatine or a package of lemon gelatine may be used. If the latter, add two tablespoonfuls of lemon juice to reduce the sweetness. Put a thin layer of the gelatine into a prepared mould, and when about to set place over this a layer of cucumber, add a little more gelatine, let this almost set, then add a layer of sliced beets which may be plain or pickled, then more gelatine, and so on until the mould is filled, allowing each layer to set before adding the next layer of vegetables. Chill, unmould, and serve with mayonnaise or boiled salad dressing.

Jellied Vegetable Salad

2 cupfuls tomato aspic
1½ tablespoonfuls granulated gelatine
3 tablespoonfuls cold water
1½ cupfuls mixed cooked vegetables
Boiled salad dressing or mayonnaise
⅔ teaspoonful salt
⅙ teaspoonful paprika

Soak the gelatine for five minutes in the cold water. Scald the aspic, add the softened gelatine to it, and stir until dissolved. Add the salt and paprika, and when beginning to stiffen, stir in the vegetables, which may be carrots, string beans, corn, celery, or green pepper with a few slices of cucumber, a little cabbage, or a few sliced radishes to give a fresh taste. Turn into individual moulds, chill, unmould, and serve on any desired salad green with boiled dressing or mayonnaise.

Jellied Beet and Cabbage Salad

1 tablespoonful granulated gelatine
¼ cupful cold water
¼ cupful vinegar from pickled beets
1 cupful boiling water
½ teaspoonful salt
⅙ teaspoonful paprika
1 cupful shredded new cabbage
2 tablespoonfuls sugar
1¼ cupfuls diced pickled beets
Crisp lettuce or cress
Mayonnaise

Soak the gelatine for five minutes in the cold water, then add the boiling water, salt, and sugar, and stir until the gelatine is dissolved. Cool. Add the vinegar and the prepared vegetables, turn into slightly oiled individual moulds and set

aside to stiffen. Unmould, and garnish with the desired salad green and with radish roses and tiny cream-cheese balls rolled in minced parsley. Serve the mayonnaise in a separate dish.

Jellied Pickled Beet Salad

3 cupfuls diced pickled beets
1 cupful boiling water
1 tablespoonful vinegar (from the beets)
2 tablespoonfuls prepared horseradish
1 tablespoonful gelatine
2 tablespoonfuls cold water
½ teaspoonful salt

Combine the beets, water, vinegar, and horseradish, and simmer five minutes. In the meantime, let the gelatine stand five minutes in the cold water, stir it into the boiling beet mixture, add the salt, and pour the mixture into a square cake pan, straight sides, which has been rubbed lightly with salad oil. When firm cut into squares and serve with a garnish of any desired salad green and plain mayonnaise or celery mayonnaise, or boiled salad dressing. If desired, this may be moulded individually and served with a garnish of plain cream-cheese balls or beet cream-cheese balls.

Cucumber Cream Salad

2 large cucumbers
2 cupfuls white stock
1 tablespoonful chopped onion
1½ tablespoonfuls granulated gelatine
Lettuce or cress
3 tablespoonfuls cold water
1 cupful whipped cream
1 teaspoonful salt
¼ teaspoonful pepper
Diced beets

Salad dressing

Peel the cucumbers, slice them thick, add to the stock with the onion, and simmer until they are tender. Press through a sieve, season, and bring again to boiling point, then add the gelatine which has been softened in the cold water. Cool, fold in the whipped cream, and turn into a prepared mould to set. Unmould and garnish with lettuce or cress and the diced beets. Serve with mayonnaise, boiled salad dressing, or horseradish dressing.

Jellied Coleslaw

1½ tablespoonfuls granulated gelatine
3 tablespoonfuls cold water
2 cupfuls boiling water
¼ cupful lemon juice or mild vinegar
1 tablespoonful minced pimiento
½ teaspoonful onion juice
⅔ teaspoonful salt
¼ teaspoonful paprika
2 cupfuls shredded cabbage
1 tablespoonful minced capers or pickles
Salad green

Salad dressing

Soften the gelatine in the cold water then dissolve it in the boiling water. Add the salt, paprika, onion juice, and lemon juice or vinegar, and set aside to cool; then stir into it the cabbage, pimiento, and capers or pickles, turn into a prepared mould, chill, unmould, garnish with any desired salad green, and serve with any salad dressing.

Celery Gelatine or Aspic

2 cupfuls celery put through the food chopper
1 cupful mayonnaise
2 tablespoonfuls lemon juice
⅓ teaspoonful paprika
1 tablespoonful gelatine
1 tablespoonful boiling water

Pour cold water over the gelatine barely to cover; then, after it has soaked for five minutes, add the boiling water to dissolve. If it has not dissolved in this water set it over steam. Add the celery and lemon juice to the mayonnaise, beat in the dissolved gelatine, and transfer in small portions to individual moulds which have been rubbed lightly with salad oil, or to a pan prepared in this way, making the mixture not more than an inch deep. Let stand until stiff and either unmould or cut in squares, according to the method of shaping, and serve as a garnish to any vegetable or fruit salad, or alone with lettuce, cress, or with tomato or cucumber salad, with French dressing.

Jellied Chicken Cream Salad

1½ cupfuls cooked chicken minced very fine
½ cupful chopped blanched almonds
½ cupful minced celery
2 tablespoonfuls ground green pepper
½ cupful mayonnaise
½ cupful whipped cream
½ tablespoonful lemon juice
2 tablespoonfuls gelatine

Let the gelatine stand in cold water to cover for five minutes, then melt it over steam, add to the mayonnaise, combine the ingredients as enumerated and transfer to individual moulds, or to one large mould rubbed lightly with salad oil. A design cut from pimientos or truffles, hard-cooked egg, bits of parsley or cress, may be placed in the bottom. Fill with the salad mixture, chill, and when stiff, unmould and serve with a garnish of lettuce and extra mayonnaise if desired.

This salad may be shaped in a border mould, the centre being heaped with any celery salad combination. This ex-

tends the chicken; at the same time a most elaborate-looking salad can be made.

Jellied Whitefish in Ruby Aspic

2 cupfuls flaked whitefish
2 cupfuls lemon aspic
1½ cupfuls vinegar from pickled beets
1 teaspoonful granulated gelatine
1 hard-cooked egg, sliced
Slices of cucumber
1 teaspoonful grated horseradish

Soften the gelatine in the cold beet vinegar, bring to boiling point, stir until the gelatine is dissolved, add this to the melted aspic. Oil a mould, line as directed, then decorate with the sliced hard-cooked egg and cucumber. Add the fish and horseradish to the remaining aspic, and when just about set, turn into the prepared mould. Chill, unmould, and garnish with cucumber, mayonnaise, or boiled salad dressing, and lettuce or celery tips.

Jellied Waldorf Salad

2 cupfuls diced apples
1 cupful diced celery
¼ cupful broken nut meats
1 teaspoonful salt
¼ teaspoonful paprika
2 tablespoonfuls lemon juice
1 pint plain lemon gelatine
Lettuce
Boiled salad dressing

Put the apples, celery, nut meats, salt, and paprika together in a bowl, pour the lemon juice over them, and toss together so as thoroughly to mix the seasonings with the other ingredients. Let the lemon gelatine be thoroughly cold, almost ready to set, add to the first mixture, turn into a prepared mould and set aside to chill. Unmould on to a bed of lettuce and serve with boiled salad dressing or with mayonnaise.

Jellied Strawberry Salad

2 cupfuls halved fresh strawberries
1½ tablespoonfuls granulated gelatine
¼ cupful cold water
¾ cupful orange juice
1 tablespoonful lemon juice
Lettuce
Marshmallow cream or whipped-cream mayonnaise

Scald the strawberry juice and add the gelatine which has been soaked five minutes in the cold water. Add the sugar, and when this is dissolved, the orange and lemon juice. Cool, and when just beginning to set stir in the halved strawberries. Then turn into individual moulds which have been wet with cold water or slightly rubbed with salad oil, chill, unmould on individual plates, and garnish with the lettuce and mayonnaise.

Jellied Cherry Salad

2 cupfuls drained, pitted, canned, fresh, or ox-heart cherries
1½ cupfuls juice from the cherries, if canned, or cherry juice
½ tablespoonful lemon juice
Sugar to taste
1½ tablespoonful gelatine
Whipped-cream mayonnaise
Lettuce

If canned cherries are not used, a few fresh cherries should be stewed in order to obtain the juice. To the juice, which should be hot, add the gelatine, which has been softened in cold water to cover, the lemon juice, and sugar to taste; the amount depends upon the acidity of the juice. Transfer to individual moulds, and serve unmoulded, garnished with lettuce and whipped-cream mayonnaise.

Jellied Tokay Salad

Substitute Tokay grapes for the cherries and grapejuice for the cherry juice in the preceding recipe, and finish as directed. Malaga, Belgian, or any other firm grapes may be used in making this salad.

Chicken Salad Moulded with Tapioca

3 cupfuls well-seasoned chicken stock
¾ cupful quick-cooking tapioca
1 minced green pepper
½ small onion, grated
½ cupful celery, chopped fine
1¼ cupfuls cooked chicken, chopped fine
Cress or lettuce
Mayonnaise or boiled dressing
Stuffed olives or radish roses (optional)

Combine the onion and chicken stock, bring to boiling point, stir in the tapioca, and when it thickens cook over hot water until the tapioca looks clear—twenty to twenty-five minutes. Add salt and pepper if necessary. Cool and stir in the green pepper, celery, and chicken, transfer to small moulds which have been lightly rubbed with salad oil. Chill, unmould, and garnish with cress or lettuce, mayonnaise or boiled dressing, and stuffed olives, or radish roses, if desired.

Tapioca Tomato Vegetable Salad

2 cupfuls canned or stewed tomatoes
1½ cupfuls boiling water
2 tablespoonfuls minced onion
2 tablespoonfuls minced carrot
¾ teaspoonful salt
⅛ teaspoonful pepper
1 bay leaf
1 bouillon cube
¾ cupful quick-cooking tapioca
1 cupful diced left-over cooked vegetables

Combine the first seven ingredients, simmer for ten minutes, strain, and add the bouillon cube. Stir in the tapioca and when thickened set over boiling water and cook until clear —from twenty to twenty-five minutes. Then stir in the vegetables, transfer to individual moulds lightly rubbed with salad oil, and when stiff unmould and serve with a garnish of any salad green and mayonnaise to which chopped radishes or chopped green peppers have been added.

FROZEN SALADS

We all know that the principle underlying the perfect salad is that it be absolutely cold. But we are not all aware of the fact that salads, dressing and all, can be actually frozen.

The mixtures for this purpose are many, and cover all kinds of salads—meat, fish, vegetables, nut, fruit, and even cheese combinations.

Although many of them are inexpensive and well suited for the every-day dinner, luncheon, or supper, they are more often used at company meals, for the piazza lunch, or following cards or afternoon tea, or as refreshments at summer, evening parties and receptions. Whenever they are introduced, other frozen dishes should be omitted.

Although these salads are frequently listed on the menus of the best hotels as rare luxuries at unusual prices, they are not difficult to make. Except for the extra cost of ice and salt, they are no more expensive and, in some cases, even less costly than the average unfrozen salads.

Methods of Making Frozen Salads

Two methods may be followed, depending whether the mixture is to be stirred before or during freezing. The ordinary ice-cream freezer, with three parts of ice to one of salt, is used for those which are stirred. Good results may also be obtained in the vacuum freezers, which are packed with ice and salt and require no turning. The second type of frozen salad is unstirred while freezing, and may be compared in texture to mousse or parfait. For this, an ice-cream freezer is not needed; a pail or mould with a tightly fitting cover, and another larger utensil in which this can be buried, are all that is required. The mould should be packed in equal propor-

tions of ice and rock salt; the ice should be chopped as fine as pea coal, and a layer of both ice and salt should be put in the bottom of the large utensil before the filled mould is put in. It should be well covered over the top with ice and salt and protected with newspapers, burlap, or old carpet to help the refrigeration.

If a medium-sized mould is to be prepared, it may be frozen in the stock pot of the fireless cooker. This should be placed in the cooker; a small amount of ice and salt will be sufficient to assist the freezing process, as there is practically no loss through evaporation.

Should it be desired to prepare individual moulds, jelly glasses, with their covers, may be used. As these salads are rich, glasses of the usual size should not be filled more than one fourth. The mould for the unstirred frozen salad should be closely sealed to prevent ingress of salt. To do this, smear lard or any other solid fat around the edge of the cover and bind with a strip of cloth, or paint the crack with melted paraffin, or bind it with adhesive tape.

An electrically chilled refrigerator may be used in the preparation of any of the frozen salads which do not need to be stirred while freezing, just as it may be used for the making of frozen desserts. In this case, the salad mixture is made up, placed in the freezing tray, put in the freezing compartment, and allowed to stand twice as long as would usually be allowed.

If it is desirable to mould a stirred salad, such as frozen tomato ice salad, the same method is used as in moulding an ordinary ice. After it has been frozen, it is packed in the mould and buried in three parts of ice and one of salt for at least an hour.

All dishes used in the service of the frozen salad should be thoroughly chilled in the icebox. All garnishes and salad greens should be well crisped and chilled, and all salad dressings, when used as an accompaniment, should be very cold.

Selecting the "Right" Salad

The same general rules apply to the selection of the frozen salad as apply to the choice of the ordinary salad. Those made with a basis of mayonnaise, cream, or a rich boiled salad dressing, are suited to luncheons, suppers, and party refreshments. But there is one exception—a frozen fruit

Stuffed tomato salad
Baked stuffed cucumbers with mushroom sauce
Apple and celery salad, served with hot toast, sprinkled with nuts

A jellied vegetable salad, with lemon baskets filled with whipped cream mayonnaise
A tray of assorted sandwiches
When the cook's away—a vegetable dinner, all prepared beforehand except the poached eggs

salad with this base may be used as the final course at dinner, both as dessert and salad. In this case it is generally accompanied by cheese, crackers, and the usual demi-tasse. The lighter salads, however, such as frozen tomato ice, and cream cheese pimiento salad, are very well adapted to the salad course at dinner service. If the dinner menu is lacking in fat, frozen asparagus salad, celery cream salad, or tomato mousse may be introduced.

Whenever refreshments which are restricted to two or three foods are to be served, a fruit salad with nut sandwiches and iced tea or coffee will prove a good combination. On the other hand, when the refreshments are more elaborate, as for a high tea, or a wedding, a frozen chicken salad will be particularly apropos.

As many of these salads are rich in character, it is a good plan to make the actual service very small, augmenting it with a garnish of some suitable fruit which may or may not be marinated in French dressing, or with a suitable vegetable which has been dressed.

Menus Showing How Frozen Salads May Be Introduced

1

A Home Luncheon

Summer Fruit Cup
Frozen Salmon Salad Bread and Butter
Gold Cake Iced Tea

2

A Company Luncheon

Jellied Tomato Bouillon Wafers
Hot Asparagus on Toast with Drawn Butter
Frozen Chicken Salad Creole Little Rolls
Strawberry Tarts
Coffee Salted Nuts Bon Bons

3

A Home Dinner

Roast Shoulder of Lamb
Brown Rice Spinach
Bread and Butter
Frozen Tomato Ice Salad
Rhubarb Charlotte Coffee

4

A Company Dinner

Clam Cocktail
Jellied Vegetable Soup — Bread Sticks
Radish Roses — Olives
Broiled Chicken — Pimiento Potatoes
Asparagus on Toast
Frozen Fruit Salad — Cream Cheese and Crackers
Black Coffee
Salted Nuts — Bonbons

Afternoon Tea Menus

1

Frozen Cream Cheese and Fig Salad
Orange Marmalade Sandwiches — Iced Tea Punch

2

Honey Frozen Fruit Salad
Cream Cheese and Graham Bread Sandwiches
Iced Russian Coffee

Reception Menu

Hot Bouillon — Wafers (optional)
Frozen Chicken Reception Salad
Little Buttered Rolls
Little Cream Cheese and Marmalade Sandwiches
Strawberry Charlotte Russe — Hot Coffee

Wedding Breakfast Menu

Halved Grapefruit with Macédoine of Fruit
Hot Chicken Bouillon — Wafers
Frozen Crabmeat Salad — Little Hot Cloverleaf Rolls
Individual Strawberry Short Cakes
Hot Coffee — Salted Nuts — Bonbons

Frozen Asparagus Salad

1 cupful mayonnaise
1½ cupfuls heavy cream
1 teaspoonful gelatine
2 cupfuls diced cooked asparagus
Cooked asparagus tips for garnishing (optional)

Cover the gelatine with cold water and then set it over steam to melt. Beat into the mayonnaise, combine with the cream, whipped stiff, stir in the diced asparagus and transfer to a mould, which has been rinsed in cold water. If desired, this mould may be garnished with cooked asparagus

tips arranged in a geometrical pattern. Seal as directed and bury in equal parts of cracked ice and rock salt for four hours for a large mould; two hours, if individual moulds are used. Unmould and serve with a garnishing of lettuce hearts, or cress and shredded pimientos, or radish roses if a little colour effect is desired. Accompany by very thin sandwiches of brown bread and butter. Use as the salad course at a luncheon, supper, or in a suitable dinner menu.

Frozen Celery Cream Salad

1 cupful mayonnaise
1½ cupfuls heavy sweet or slightly sour cream
1 teaspoonful gelatine
1½ cupfuls finely diced celery
2 minced pimientos
½ cupful ground walnut or pecan meats

Follow the general directions for making frozen asparagus salad, adding the celery, nuts, and pimientos designated. Serve, garnished with lettuce or cress and pimiento strips. Accompany with very thin, crisp cheese crackers or small cream cheese and brown bread sandwiches. Use in a luncheon or supper menu. If to be used at dinner omit the nuts and increase the celery to two cupfuls, or substitute for them a half cupful of finely chopped cooked spinach.

Frozen Tomato Mousse Salad

1½ cupfuls heavy cream, sweet or on the turn
2 teaspoonfuls gelatine
1½ cupfuls canned tomatoes
1 slice of onion
Bit of bay-leaf
½ teaspoonful salt
½ tablespoonful vinegar
½ teaspoonful celery seed
1 clove

Combine the canned tomatoes with the seasonings enumerated, and simmer until the tomatoes have been reduced by almost a third. Sift, add the gelatine, which should be allowed to stand for five minutes in water barely to cover. Cool this mixture, fold in the cream, which should be whipped stiff. Transfer to a mould which has been rinsed with cold water. Seal and bury for four hours in equal parts of ice and salt. If individual moulds are used, the salad will be frozen in two hours. Serve on lettuce or cress with a garnish of marinated sliced tomatoes, sliced cucumbers, or shredded celery. Serve with an accompaniment of cheese crackers at luncheon, supper, or light dinner.

Frozen Chicken Salad Creole

1 cupful mayonnaise
1½ cupfuls heavy cream
1 teaspoonful gelatine
1¾ cupfuls chicken chopped fine
¼ cupful finely chopped stuffed olives
½ cupful finely diced celery

Let the gelatine stand for five minutes, barely covering with cold water, then melt it over steam and add it to the dressing. Combine this with the cream, whipped stiff, and stir in the remaining ingredients. Transfer to a mould, which has been rinsed in cold water. Seal, freeze as directed, in equal parts of ice and salt, for four hours. If small moulds are used, the salad will freeze in two hours. Serve garnished with lettuce, whole stuffed olives, and sprigs of watercress. Use as a substantial salad at a luncheon or supper, or at a reception or wedding breakfast. Pass tiny buttered rolls.

Frozen Chicken Reception Salad

1 cupful mayonnaise
1½ cupfuls heavy cream
1 teaspoonful gelatine
1½ cupfuls chicken diced fine
¾ cupful chopped blanched almonds
¾ cupful diced Malaga grapes, or seeded canned grapes, or diced canned pineapple

Barely cover the gelatine with cold water, let it stand for five minutes, dissolve it over steam, and add it to the dressing. Combine this with the cream which has been whipped stiff, and fold in the remaining ingredients. Transfer to a mould which has been rinsed with cold water, and seal, freezing, as directed in the preceding recipe. Serve with a garnish of lettuce and whole almonds and halved Malaga grapes if desired. Use at receptions, high teas, or for formal luncheon parties. Accompany with tiny hot rolls or very thin bread-and-butter sandwiches.

Frozen Salmon Salad

1½ cupfuls minced salmon
½ cupful chopped celery
2 tablespoonfuls minced green pepper
2 teaspoonfuls gelatine
1 cupful boiled salad dressing
1 cupful heavy cream
½ teaspoonful paprika

Barely cover the gelatine with cold water, let it stand for five minutes, melt it over steam, and add it to the boiled salad dressing. Beat into the cream, whipped stiff, add the remaining ingredients, and transfer to a mould which has

been rinsed with cold water. Seal and bury in equal parts of ice and salt for four hours, or allow two hours for individual moulds. Serve with a garnish of cress or lettuce and radish roses. Accompany with thin bread-and-butter sandwiches. This may be served as the substantial course of a light luncheon or supper.

Frozen Tuna Fish or Crabmeat Salad

Observe the proportions and directions given for frozen salmon salad, substituting tuna fish or crabmeat.

Frozen Cream Cheese Savoury Salad

2 mashed cream cheeses
⅔ cupful evaporated milk, undiluted
½ cupful finely chopped walnut or pecan meats
3 minced pimientos
½ teaspoonful salt

Mash the cream cheese, add the evaporated milk, which should be scalded, and stir until perfectly smooth. Chill, add the remaining ingredients, and turn until frozen in the ice-cream freezer, using three parts of ice to one of salt. Remove the dasher, repack, and let stand for at least half an hour to ripen. Transfer by means of an ice-cream scoop to plates garnished with lettuce or cress, or mould individually, as previously directed.

Frozen Tomato Ice Salad

1 quart canned tomatoes
1 tablespoonful onion juice
1 small bay-leaf
2 teaspoonfuls salt
1 tablespoonful vinegar
1 tablespoonful lemon juice
½ teaspoonful celery seed
2 cloves
Few grains paprika
1½ teaspoonfuls gelatine
2 tablespoonfuls oil

Combine the tomato with the onion juice, the seasonings, and the vinegar. Simmer until reduced to three cupfuls, sift, and add the lemon juice and oil. Let the gelatine stand for five minutes in cold water to cover, add it to the hot tomato, chill, and turn in the ice-cream freezer until it is of the consistency of a well-frozen water ice or sherbet. Remove the dasher, pack, and ripen at least half an hour. Then by means of an ice-cream scoop transfer to plates garnished with lettuce or cress. Serve for luncheon, dinner,

or supper parties. Accompany with crackers and cheese, little cheese biscuits, or brown bread and grated cheese sandwiches.

Frozen Cream Cheese and Fig Salad

2 cream cheeses
10 finely chopped dried figs (rather moist)
2 tablespoonfuls lemon juice
⅔ cupful evaporated milk
½ teaspoonful salt

Scald the evaporated milk and beat it into the cheese, which should be mashed. Chill, add the remaining ingredients, and transfer to a mould, which has been rinsed in cold water. Seal and bury in equal parts of cracked ice and salt for four hours. Serve with a garnish of lettuce and sliced oranges, if desired. Pass jam sandwiches.

Frozen Fruit Salad

1 cupful mayonnaise
1½ cupfuls heavy cream
1 teaspoonful gelatine
½ cupful diced canned pineapple
¾ cupful halved, very ripe strawberries or Malaga grapes
¾ cupful diced oranges
½ cupful minced maraschino cherries and figs mixed

Let the gelatine stand with cold water to cover for five minutes, then melt over steam, add to the mayonnaise, and fold the whole into the whipped cream. Stir in the fruits, transfer to a mould rinsed with cold water, seal and bury in equal parts of ice and salt four hours, or allow two hours for individual moulds. Serve with a garnish of lettuce hearts and fresh fruit, which has been dressed with fruit dressing. Use as the salad course at luncheon or supper, accompanied by little buttered biscuits or cream-cheese sandwiches; or serve as the combined salad and sweet at a dinner.

Honey Frozen Fruit Salad

½ cupful diced canned pineapple
½ cupful sliced, very ripe strawberries
½ cupful sliced oranges
½ cupful stoned canned or fresh cherries
Honey whipped-cream salad dressing
1 teaspoonful gelatine

Let the gelatine stand barely covered with cold water for five minutes. Melt over steam and beat into the salad dressing. Add the prepared fruits, transfer to a mould rinsed with cold water, seal, and bury in equal parts of ice and

salt four hours, or allow two hours for individual moulds. Serve with a garnish of lettuce as the combined salad and sweet at luncheon, dinner, or supper, with an accompaniment of crackers and cheese and black coffee.

Frozen Tomato Salad, Jerry

Allow a medium-sized, fully ripe tomato for each individual; remove the skin, cut off the top and hollow it out, brush with French dressing and fill the centres with mayonnaise mixed with one third its bulk of caviar and seasoned very lightly with onion juice.

Transfer to a good-sized flat utensil, so that the tomatoes will not touch each other, seal as directed, and bury in equal parts of crushed ice and rock salt for two and a half hours. Serve with a garnish of lettuce and extra mayonnaise, with a little parsley, and some ripe olives

The Landscape Cook

The kitchen was dark.
It was on a court.
The sun came late in the afternoon.
The little woman loved the open.
She felt smothered in the big city.

On the window sill were pots of green—
A geranium struggled toward the light.
There was parsley in the kitchen window box.
The little woman was thinking of the sunset—
The reds
And blues
And golden glow.
Tears began to gather.
It was supper-time. There was a salad to fix.
She put the tomatoes, dressing, lettuce on the table.

She smiled.
A blue plate "for sky."
Sliced tomatoes for the glowing red—
Yellow dressing for the gleaming light—
Lettuce and parsley—the background of trees.

She told her man.
"My Landscape Cook," he said.

CHAPTER XXIV

HOT AND COLD DESSERTS

(All measurements are level)

DESSERTS may be classed under three heads, according to the predominating food elements:

Protein Desserts: These consist largely of eggs, milk, cheese, or nuts.

Examples: Boiled and baked custards, custard ice cream, cheese cake, steamed nut puddings, sponge and angel cakes, junket, etc. Mince and custard pies should also be classified under this head.

Starchy desserts: These consist of all cereal desserts, cornstarch, and tapioca puddings; desserts of a cake nature, as cottage pudding, puffs, and sweet shortcakes; desserts of a biscuit nature, as plain shortcakes, roly-polies, dumplings, etc. Pies should also be classified as starchy, because of the crust.

Fatty desserts: These consist of all cakes and puddings containing a large amount of butter, margarine, suet, or other shortenings; all desserts containing large amounts of cream, as Bavarian cream and ice cream made with cream; desserts accompanied with hard sauce; and all pastries.

Sweet desserts: All desserts should be classified as sweets.

Fruit desserts: All desserts containing a large proportion of cooked or raw fruit, as shortcakes, jellied fruits, fruit whips, fruit cups, etc.

The Place of the Dessert in the Menu

It must be kept clearly in mind that this classification can only be general, for every dessert must contain a certain proportion of other food constituents. In planning, for instance, a strawberry shortcake for luncheon, it must be considered as a starch, a fruit, and a sweet. If we keep

closely in mind the requirements of the balanced meal, we can readily see that this will act as one of the starches, a fruit, a sweet, and if cream is used with it, a fat. We will suppose that the following menu is planned for luncheon or supper:

Cream of Asparagus Soup — Crackers
Cold Meat — Fried Potatoes
Bread and Butter
Lettuce Salad
Strawberry Shortcake — Cream
Tea

The general feeling after partaking of this meal would be that of heaviness. There is altogether too much fat, and there are too many starches. A better menu would be:

Tomato Bouillon — Croûtons
Escalloped Asparagus with Eggs — Bread and Butter
Radishes
Strawberry Shortcake — Cream
Tea

Meat or eggs in any form could be substituted for the asparagus. This meal would satisfy all requirements.

Kind of Dessert for Different Menus

Generally speaking, all menus containing a fat meat or fish must be completed by a fruit dessert; all menus containing a vegetarian main portion must be supplemented by a protein dessert; a starchy dessert should not appear in any meal already containing more than two starches—that is, potatoes and bread can not appear in the same menu with tapioca pudding—and a fatty dessert should never be served in the same menu with mayonnaise or French dressing, or with any very fat meat or fish. If a dissolvent or a liquid is needed to supplement a meal, it may be supplied in the form of a gelatine, frappé or ice, plain fruit, fruit cup, or fruit soup.

Fancy Desserts

The general difference between the everyday and the fancy dessert lies in the greater cost of the latter, together with elaborateness of preparation and garnishing. Usually the fancy dessert contains more cream, nuts, eggs, butter, candied fruits, etc., than the everyday dessert.

The general types may be described as exaggerations of the usual varieties. For examples:

1. **The Custard Type:** This consists of a general basic recipe, as for a plain baked custard, with additions, as chestnut custard meringue.

2. **The Cereal Type:** This is really a glorification of a plain bread or cereal pudding, as steamed bread pudding with strawberry sauce.

3. **The Gelatine Type:** This includes all of the gelatine desserts in which fruits, nuts, etc., are moulded, Bavarian creams, cold gelatine soufflés, etc. For fancy service such desserts are always elaborately moulded and garnished.

4. **The Bread Type:** These may be made with a base of baking-powder biscuit mixture, as an attractively garnished shortcake: or with a yeast bread foundation, as the baba cake given in the section on Yeast Breads.

5. **The Cake Type:** Desserts of this nature include very elaborate baked puddings, as chocolate roll pudding or fudge sponge pudding.

6. **The Steamed Pudding Type:** For fancy service these puddings are always rich and usually served with two sauces, one liquid, the other some variety of hard sauce. They are also highly garnished.

7. **The Soufflé Type:** For fancy service these are prepared individually in attractive ramekins, are suitably garnished, and served with a sweet sauce, which is passed.

8. **The Charlotte Type:** These desserts may be served either in a mould or individually. The garnishing is always unusual and they are used only for quite elaborate service.

9. **The Fruit Type:** Fruit cups which are highly garnished, beautifully prepared and served in sherbet glasses, belong in the classification of fancy desserts.

10. **The Meringue Type:** These are always made with a base of meringue shells and are served only at real functions.

Dessert Garnishes

All who do fancy cooking should keep plenty of garnishes on hand. No dessert should be over-garnished, very little sufficing to add an attractive touch. The various garnishes may be kept ready for use in small glass jars or jelly glasses and should include:

1. Nut meats, such as almonds, pecans, walnuts, pistachio nuts, filberts, Brazil nuts. The almonds, walnuts, Brazil nuts, and filberts should be blanched before using. In no instance should they be salted when used as dessert garnishes.
2. Various fancy candies, such as "hundreds and thousands," little hard red cinnamon drops, tiny bonbons, etc.
3. Glacé cherries, glacé pineapple, candied ginger, angelica, citron, large raisins, and dates.
4. Preserved chestnuts and marrons.

The perishable garnishes may be described as whipped cream, hard sauce, fruit jelly made a little stiffer than usual, then cut in fancy shapes, Bavarian cream cut in fancy shapes, and fresh fruit.

It is scarcely necessary to add that the success of the fancy dessert depends considerably upon the way in which it is served. Beautiful serving dishes, lovely china, and suitable serving utensils are indispensable accompaniments.

To Blanch Nuts

To blanch the nuts, put them in cold water, bring to boiling point, drain and rub off the outer skins, then dry the nut meats.

Preparing Candied Cherries and Angelica

Before using, the candied cherries should be dropped in boiling water, allowed to stand for a moment or two, then dried and used. This restores the red colour. The angelica should be treated in the same way, so that the excess sugar on the outside may be removed and the angelica be limp enough to be cut with a pair of scissors into stems, leaves, and various forms.

DESSERTS OF THE CUSTARD TYPE

The best examples of the protein desserts are those made up largely of milk or eggs, or these two foods in combination with suitable flavouring and sweetening agents, as the custard, whether boiled, baked, or some variation of these familiar dishes.

Many find it difficult to make boiled or baked custard and wonder why their soft custards curdle, or their baked cus-

tards whey. Whenever either one of these two catastrophes happens it is always because the custard is overcooked and the egg therefore coagulates; the custard itself does not curdle.

If the directions given in this book for the making of custards are carefully followed, separation will not occur, but if carelessness slips into the preparation and a soft custard should separate, it may often be retrieved by pouring it rapidly from one utensil into another, or by beating with a rotary eggbeater. As soon as done, the custard should be removed instantly from the hot water, no matter whether it is a soft-cooked or a baked custard.

All custards must be surrounded by hot water while cooking, as otherwise the heat is too intense and causes the custard itself to boil. When this is done it can never become quite as hot as boiling point—212 degrees F.—and therefore will not separate unless overcooked.

Soft-Cooked Custard

⅓ cupful sugar
3 egg yolks
⅓ teaspoonful flavouring
⅛ teaspoonful salt
1 pint milk

Scald the milk; in the meantime, beat the egg yolks slightly, add the sugar and salt, and stir into the milk. Cook over hot water, stirring constantly, until the mixture is thickened and coats the spoon; chill and flavour.

Soft-Cooked Cornstarch Custard

Custards partly thickened with cornstarch have more body than those thickened with egg yolks alone. Observe the directions in the preceding recipe, omitting one egg yolk, replacing it with a scant tablespoonful of cornstarch.

Soft-Cooked Caramel Custard

Prepare the recipe for soft-cooked custard, adding to the milk an extra fourth cupful of sugar which has been caramelized or melted.

Soft-Cooked Chocolate Custard

Follow the directions for either soft-cooked custard or soft-cooked cornstarch custard, adding to the milk, while scalding, a tablespoonful of grated or shaved chocolate.

Floating Island

Double the recipe for either soft-cooked custard or soft-cooked cornstarch custard. When cold, pour into a glass dish, and just before serving, top with "islands" made by beating the whites of three eggs stiff, adding four tablespoonfuls of powdered sugar and a fourth teaspoonful of flavouring, then beating again. The "islands" may be topped with any bright jelly, as crabapple.

Fruit Float

Prepare floating island, heaping the custard with any fruit whip.

Plain Baked Custard

3 cupfuls cold milk
3 eggs, slightly beaten
$\frac{1}{3}$ cupful sugar
$\frac{1}{8}$ teaspoonful salt
$\frac{1}{2}$ teaspoonful flavouring

Combine the ingredients, transfer to six medium-sized custard cups, stand them in a pan of warm water and bake in a moderate oven, 350 degrees F., until firm in the centre and browned on top, about thirty minutes, or until a knife when inserted comes out clean. If baked in a large dish allow forty-five minutes.

Maple Custard

Add one-third cupful of maple syrup to the basic recipe and omit the sugar.

Honey Custard

Add one-fourth cupful of honey to the basic recipe and omit the sugar.

Fruit Custard

Substitute three-fourths cupful of sifted stewed or canned fruit juice and pulp for one half cupful of the milk.

Upside-Down Caramel Custards

Coat the cups with caramelized sugar instead of oiling them. This will melt during the cooking, and when unmoulded, the custards will be covered with caramel sauce.

To make the caramel, melt three-fourths cupful of granulated sugar.

Bread-and-Butter Custard

Prepare plain baked custard and before baking top it with thin slices of buttered white bread.

Chestnut Custard Meringue

1 pint chestnuts
2 cupfuls milk
¼ cupful sugar
Few grains salt
1½ teaspoonfuls cornstarch
1 tablespoonful water
2 eggs
½ teaspoonful vanilla
2 tablespoonfuls powdered sugar

Boil, blanch, and sift the chestnuts, combine them with the milk and sugar, bring to boiling point, add the salt, and thicken with the cornstarch rubbed smooth in the water. Cook five minutes longer over slow heat, stirring until perfectly smooth. Then separate the eggs, beat the yolks with an additional tablespoonful of cold milk, stir into the chestnut mixture, add the vanilla, and transfer to a buttered baking dish. Set in a pan of hot water and bake in a moderate oven—350 degrees F.—until the custard is brown on top and firm in the centre—about forty-five minutes. Heap with a meringue made of the egg whites and powdered sugar and brown quickly.

JUNKETS

Plain Junket

⅓ cupful sugar
1 junket tablet or 1 teaspoonful rennet
Few grains salt
¼ teaspoonful nutmeg or ½ teaspoonful lemon or vanilla extract
1 quart milk

Warm the milk to blood heat—98 degrees F.—add the salt, sugar, and flavouring, and stir in the rennet, or the junket tablet which should be dissolved in a tablespoonful of tepid water. Transfer immediately to a large serving dish or individual dishes. Let solidify at room temperature, then chill and serve with or without whipped cream or sliced fresh fruit.

Caramel Junket

Caramelize two tablespoonfuls of sugar, add a fourth cupful of water, and let the two cook until the sugar has liquefied. Cool, add to the milk, and proceed as directed for plain junket.

Cocoa Junket

Boil one and a half tablespoonfuls of cocoa dissolved in a fourth cupful of cold water for two or three minutes. Cool, add to the milk, and proceed as directed for plain junket.

WHIPS

Maraschino Apple Whip (Uncooked)

Whites of 2 eggs
2 tablespoonfuls maraschino syrup
3 tablespoonfuls sugar
1 tablespoonful lemon juice
3 large grated apples

Beat the whites of the eggs until stiff and dry. Peel and grate the apples and add the sugar, lemon juice, and maraschino syrup, beating this by tablespoonfuls into the stiffly beaten whites. Pile in sherbet glasses and garnish with chopped maraschino cherries and pistachio nuts, or with maraschino cherries and crushed macaroons.

Banana Whip

Substitute one cupful of banana pulp mashed with a fork for the apples in the above recipe and double the amount of lemon juice.

Cranberry Jelly Whip

Substitute two-thirds cupful of firm cranberry jelly for the apples, crushing the jelly slightly with a fork before beating it into the whites of eggs.

Prune Whip

1 cupful stewed stoned prunes
2 tablespoonfuls sugar
1 teaspoonful lemon juice
Whites of 2 eggs

Drain the prunes and chop them fine, add the sugar and lemon juice. Beat the whites of the eggs until stiff and dry,

fold in the prunes, and turn into an oiled baking dish or ramekins. Bake in a slow oven—not over 350 degrees F.—twenty to thirty-five minutes, according to size. Serve plain or with cream.

Peach Whip

Substitute one cupful of thick sifted peach pulp for the prunes and add an additional tablespoonful of sugar.

Canned apricots or peaches may be substituted for the stewed fruit, no additional sugar being necessary.

Cranberry Whip

Substitute one cupful of thick sifted cranberry sauce for the prunes in the above recipe and add an additional tablespoonful of sugar.

Apricot Whip

Substitute one cupful of thick sifted apricot pulp for the prunes and add an additional tablespoonful of sugar.

Apple Whip

Substitute one cupful grated tart apple for the prunes and increase the sugar to one-half cupful.

Strawberry Whip

Substitute one cupful mashed strawberries for the prunes and increase the sugar to one-half cupful.

Fruit Whip Charlottes

Line the serving glasses with lady fingers and pile in the fruit whip.

HOT SWEET SOUFFLÉS

Date Soufflé

2 tablespoonfuls butter
2 tablespoonfuls flour
¾ cupful milk
3 eggs
3 tablespoonfuls sugar
12 dates, stoned and diced
⅛ teaspoonful salt

Place the butter and flour in a saucepan, stir together until blended, add the milk, and boil three minutes. Separate the

eggs, beat the yolks until thick, add to the mixture in the saucepan which has been cooling. Add the sugar and dates, and fold in the egg whites beaten stiff. Transfer to an oiled baking dish and bake twenty-five minutes in a moderately hot oven—350–375 degrees F. Serve immediately, accompanied by any sweet, rich sauce.

Prune Soufflé

Substitute twelve stewed diced prunes for the dates.

Fig Soufflé

Substitute four large stewed sweetened figs (diced) for the dates.

Apricot Soufflé

Substitute one-half cupful well-drained stewed diced apricots for the dates.

Lemon Soufflé

Substitute the grated rind and juice of one half lemon for the dates and add an additional tablespoonful of sugar.

Orange Soufflé

Substitute the grated rind and juice of one half orange for the dates.

Steamed Chocolate Soufflé

¼ cupful butter or a substitute
¼ cupful flour
1⅔ cupfuls milk
2 squares (ounces) chocolate
½ cupful sugar
3 eggs
⅛ teaspoonful salt

Scald the milk, chocolate, salt, and sugar together in the upper part of a double boiler, keeping the mixture hot until the chocolate is entirely melted. Blend the shortening and flour in a saucepan, add the chocolate mixture, stirring gradually until it boils. Cool, add the yolks of the eggs well-beaten, and fold in the egg whites beaten stiff. Turn into a well-oiled mould, cover with wax paper, and steam three quarters of an hour. Serve with vanilla sauce, sweetened whipped cream flavoured with vanilla, or with custard.

Rice Soufflé

3 cupfuls milk
1 cupful sugar
Grated rind of ½ lemon
⅔ cupful rice
3 eggs
2 tablespoonfuls butter or a substitute

Scald the milk and sugar in the upper part of a double boiler, add the lemon rind and rice and cook until the latter is tender. Stir in the well-beaten yolks of eggs and the butter, and fold in the whites of the eggs beaten stiff. Turn into an oiled baking dish and bake twenty to thirty minutes in a moderate oven—about 350 degrees F. Serve immediately with maple sauce or nun's butter.

DESSERTS OF THE CORNSTARCH TYPE

The underlying principle of the successful making of cornstarch desserts is thorough cookery; not less than thirty minutes should be allowed for a thick cornstarch pudding. If, however, a custard cornstarch pudding is made—less cornstarch being used—it may be accomplished in twenty minutes.

In any of the recipes in this particular section ground rice may be substituted for the cornstarch if desired.

Cornstarch Pudding

1 quart milk
½ cupful cornstarch
½ cupful sugar
½ teaspoonful salt
1 teaspoonful flavouring
½ tablespoonful butter

Scald three cupfuls of the milk, blend the remaining cupful with the cornstarch, stir into the scalded milk, add the salt and sugar and stir until the mixture is thick; then cook over hot water for the remainder of thirty minutes. Flavour, pour into a large mould or small moulds rinsed with cold water, chill, and serve with a soft custard, chocolate sauce, sliced and sugared fresh fruit, canned fruit, or stewed dried fruit.

Cornstarch Blanc Mange

Prepare the recipe for cornstarch pudding, folding the mixture into two beaten egg whites after it has been cooked.

Cocoa Cornstarch Pudding

Prepare the recipe for cornstarch pudding, adding with the cornstarch a third cupful of cocoa and increasing the amount of sugar two tablespoonfuls; flavour with vanilla.

Berry Cornstarch Pudding

1 quart blueberries, huckleberries, raspberries, or blackberries
Grating of lemon rind
1 tablespoonful lemon juice
½ cupful cornstarch
⅓ teaspoonful salt
1¾ cupfuls cold water
Sugar as needed

Add three-fourths cupful water to the berries, bring to boiling point, and add two-thirds cupful sugar. Moisten the cornstarch and salt with the cupful of water, stir into the boiling berries, and simmer thirty minutes. Then add the lemon juice and rind and pour into individual moulds rinsed with cold water. When ready to serve, unmould and accompany with sweetened whipped cream or marshmallow cream diluted with a little of the fruit juice.

Canned berries may be used if desired, in which case omit the sugar and water.

Harvard Crimson Pudding

2 cupfuls currants
1 cupful raspberries
Juice of 1 lemon
1½ cupfuls water
⅔ cupful cornstarch
⅔ cupful sugar
⅓ teaspoonful salt

Crush the currants and raspberries and cook for ten minutes with the water; strain and sift. Add the lemon juice and sugar and bring again to boiling point. Moisten the cornstarch with a little cold water, pour slowly into the boiling juice and cook over hot water for half an hour. Turn into a mould wet with cold water, chill, unmould, and serve with top milk or cream.

Grapejuice Blanc Mange

1½ cupfuls cold water
½ cupful sugar
1½ cupfuls grapejuice
½ cupful cornstarch
¼ teaspoonful salt
Plain or whipped cream

Put one cupful of the water, the sugar, salt, and grapejuice into the upper part of a double boiler, bring to boiling point and add the cornstarch moistened with the remaining

cold water. Cook over hot water for half an hour. Turn into individual moulds moistened with cold water, chill, unmould, and serve with plain or whipped cream.

Fruit juice left over from stewed or canned fruit may be substituted for the grapejuice; the quantity of sugar needed will vary according to the fruit being used.

DESSERTS OF THE CEREAL TYPE

Plain Rice Pudding

3 tablespoonfuls rice
½ cupful sugar
¼ teaspoonful salt
1 quart milk
¼ teaspoonful nutmeg

Scald the milk, add the other ingredients and cook in a double boiler for an hour and a half, stirring occasionally. Then transfer to a buttered baking dish and cook uncovered in a slow oven—325 degrees F.—for two hours more.

Coffee Rice Pudding

Substitute for one and a half cupfuls of the milk an equal quantity of strong coffee and flavour with vanilla instead of nutmeg.

Raisin Rice Pudding

Add to the recipe for plain rice pudding one and a half cupfuls of raisins.

Cocoanut Rice Pudding

Add to the recipe for plain rice pudding two-thirds cupful of shredded cocoanut.

Strawberries in Rice Border

1 quart milk
⅔ cupful rice
3 tablespoonfuls sugar
½ teaspoonful salt
1 teaspoonful vanilla
Crushed sweetened strawberries
A few whole berries

Cook the rice, milk, salt, and sugar in the upper part of a double boiler. Flavour and turn into a border mould which has been dipped in cold water, then set aside to chill. Unmould, fill the centre with the crushed sweetened berries and garnish with the whole ripe strawberries.

Peaches in Rice Border

Substitute three cupfuls of stewed peaches with their juice for the crushed sweetened strawberries.

Apricots in Rice Border

Substitute three cupfuls of stewed sweetened apricots.

Plums in Rice Border

Substitute three cupfuls of stewed sweetened plums.

Cherries in Rice Border

Substitute three cupfuls of stewed sweetened cherries.

Damsons in Rice Border

Substitute three cupfuls of stewed sweetened damsons.

Greengages in Rice Border

Substitute three cupfuls of stewed sweetened greengages.

Rice Cakes

2 cupfuls cold left-over rice
1 tablespoonful sugar
⅛ teaspoonful ground cinnamon
1 beaten egg
Stale bread or cake crumbs
Butter or butter substitute

Add the cinnamon and sugar to the rice with half the egg. Form into balls or flat cakes, coat with the remaining beaten egg, roll in bread or cake crumbs, and sauté until golden brown in a little butter or butter substitute. Serve with hard sauce or jelly.

Date and Hominy Pudding

⅔ cupful hominy
4 cupfuls milk
2 eggs
⅓ cupful brown sugar
1 cupful stoned coarsely chopped dates
½ teaspoonful grated lemon rind
¼ teaspoonful salt

Scald the milk, shake the hominy and salt into it, stirring constantly, and cook over hot water (double boiler) for half an hour. Add the sugar, lemon rind, dates, and eggs slightly beaten, turn into an oiled baking dish, sprinkle an additional tablespoonful of brown sugar over the top, and bake thirty minutes in a moderate oven—about 350 degrees.

Rice Custard

2 eggs
2 cupfuls milk
¼ teaspoonful salt
½ cupful sugar
1⅓ cupfuls left-over cooked rice
½ teaspoonful vanilla extract
Dash of powdered cinnamon

Beat the eggs thoroughly, yolks and whites together. Add the milk, salt, and sugar, stir in the rice and vanilla, and turn into a baking dish. Shake a little powdered cinnamon over the top and bake twenty to thirty minutes in a moderate oven—about 350 degrees F.—setting the custard in another pan of hot water. Serve with thin cream.

Baked Indian Pudding

1 quart milk
1 teaspoonful salt
⅓ cupful molasses
⅓ cupful sugar
2 tablespoonfuls butter or a substitute
½ cupful cornmeal

Scald the milk, then stir in the sugar, molasses, salt, and cornmeal. Cook until thick, add the butter or substitute, and transfer to a baking dish. Bake in a slow oven—325 degrees F.—for four hours and serve half cold with apple sauce or plain or whipped cream.

Popcorn Pudding

2 cupfuls popped corn
2½ cupfuls milk
3 eggs
½ teaspoonful salt
¼ cupful sugar
1 teaspoonful vanilla
2 tablespoonfuls butter

Pass the popped corn through a food chopper, add the milk, the yolks of the eggs, the white of one egg, the salt, sugar, vanilla, and the butter. Turn into an oiled baking dish, set in a pan of hot water, and cook in a moderate oven—350 degrees F.—until firm—about an hour. Beat the remaining egg whites with two tablespoonfuls of sugar to form a meringue and spread over the top of the pudding; then return to the oven until lightly browned.

Sweet Macaroni Balls

⅔ cupful white sauce
1½ cupfuls cooked macaroni, chopped small
2 tablespoonfuls sugar
2 eggs
¼ teaspoonful ground cinnamon or ⅛ teaspoonful grated nutmeg
Bread crumbs
Frying fat

Add the macaroni, sugar, and cinnamon or nutmeg to the white sauce with one egg well beaten. Spread on a plate to cool, then divide into twelve portions, rolling each into a ball. Coat with egg and bread crumbs and fry golden brown in hot fat, hot enough to brown a piece of bread in forty seconds—if using a frying thermometer this should register 375 degrees F. Drain on soft crumpled paper and serve with marmalade or jelly.

Escalloped Noodles and Prunes

3 cupfuls cooked noodles
3 cupfuls stewed stoned prunes
½ cupful sugar
3 tablespoonfuls butter
½ teaspoonful ground cinnamon
½ cupful buttered crumbs

See that the noodles are thoroughly drained; turn one cupful into a well-oiled baking dish, sprinkle with sugar and cinnamon and dot with one third of the butter, pour over this one cupful of the prunes and proceed until all the ingredients are used. Cover with the buttered crumbs and bake in a moderate oven—350 degrees F.—about twenty minutes.

Italian Nut Pudding

1 pint milk
1 cupful macaroni
¼ cupful sugar
⅛ teaspoonful cinnamon
2 eggs
Sherry flavouring to taste, according to kind used
½ cupful chopped nuts

Scald the milk and add to it the macaroni which has been passed through a food chopper. Cook until the macaroni is tender and the consistency of thick custard. Add the sugar, cinnamon, well-beaten yolks of eggs, and flavouring. Last, stir in the chopped nuts and fold in the whites of the eggs beaten stiff. Turn into small well-oiled moulds, stand in a pan of water, and bake about twenty minutes in a moderate oven—350 degrees F. Turn out and serve with whipped cream, any preferred sauce, or with soft custard.

Sweet Vermicelli Custard

⅔ cupful vermicelli (broken)
2 cupfuls milk
¼ teaspoonful salt
2 tablespoonfuls sugar
Thinly peeled rind of ⅓ orange or lemon
2 eggs

Scald the milk in the upper part of a double boiler, add the vermicelli, and cook until this is tender with the salt, sugar,

and orange or lemon rind. Remove the fruit rind, add the eggs, slightly beaten, turn into an oiled baking dish, and bake in a moderate oven—about 350 degrees F.—until set, placing the dish in a pan of hot water.

Honey Rice Pudding

1¼ cupfuls uncoated rice
⅔ cupful honey
½ cupful raisins
1 tablespoonful lemon juice
1 tablespoonful butter
Cinnamon

Boil the rice until tender in salted water and drain. Slightly brown the honey, taking care that it does not burn, add to the rice with the raisins, and put in a shallow baking dish. Dot with the butter and let stand in a moderate oven—350 degrees F.—until golden brown. Add the lemon juice, and serve sprinkled with cinnamon and a few chopped blanched almonds.

Grape Nuts Pudding

1 cupful grape nuts
⅓ cupful chopped candied ginger or candied orange rind
3 cupfuls milk
¾ cupful sugar
Few grains salt
¼ teaspoonful nutmeg
2 eggs

Beat the eggs, then add the sugar, flavouring, and the remaining ingredients. Transfer to a buttered pudding dish, let stand fifteen minutes, then set in a pan of hot water and bake forty-five minutes in a moderate oven—350 degrees F.—until a knife when inserted will come out clean. Serve with cream or orange marmalade sauce.

Orange Tapioca Cream

3 cupfuls milk
⅓ cupful quick-cooking tapioca
⅓ cupful sugar
⅓ teaspoonful salt
2 eggs
Grated rind of one orange

Scald the milk, sugar, and salt in the upper part of a double boiler, stir in the tapioca, and cook until clear—about half an hour. Separate the whites from the yolks of the eggs, beat the yolks until lemon-coloured and the whites until stiff. Pour a little of the cooking tapioca into the yolks and when blended return to the remaining tapioca and cook for two minutes. Add the flavouring and pour the hot pudding over the egg whites, beating slowly. Chill and serve plain or with cream.

1. Pour the chilled tapioca cream over crushed sweetened fruit, as raspberries, blackberries, peaches, or apricots.

2. Add one cupful of sliced bananas to the tapioca cream while still hot.

3. Add three-fourths cupful of shredded cocoanut to the tapioca cream while still hot.

4. Add one cupful of shredded dates and one half cupful of chopped nuts to the tapioca cream while still hot and omit one tablespoonful of sugar.

Cocoa Tapioca Cream

1 pint milk
1 pint boiling water
⅔ cupful sugar
¼ cupful cocoa
Few grains salt
½ teaspoonful vanilla
¾ cupful quick-cooking tapioca
¼ cupful marshmallow crème

Combine the milk and water, bring to boiling point and add the tapioca. Stir in the cocoa, sugar, and salt, well mixed, and cook gently until the tapioca is translucent. Add the vanilla, stir in the marshmallow crème, chill, and serve with light cream or top milk.

Coffee Tapioca

3 cupfuls milk
3 tablespoonfuls ground coffee
¾ cupful quick-cooking tapioca
4 tablespoonfuls sugar
½ cupful broken nut meats
Few grains salt
1 teaspoonful vanilla

Tie the coffee in a square of cheesecloth, scald it with the milk, then lift out the bag of coffee, allowing it to drip to extract all flavour. Stir in the tapioca, sugar, and salt and cook slowly over hot water (double boiler) until the tapioca is clear. Cool slightly, stir in the nut meats and vanilla, and pour into individual moulds dipped in cold water. Chill, unmould, and serve with top milk, cream, or custard.

Caramel Tapioca

2½ cupfuls milk
½ cupful boiling water
½ cupful quick-cooking tapioca
¼ teaspoonful salt
½ cupful sugar
2 eggs
1 teaspoonful vanilla

Scald the milk, add the tapioca and salt, and cook in a double boiler half an hour. Meanwhile, caramelize the sugar, add the boiling water, simmer until smooth, then add

to the tapioca mixture and cook until clear. Fold in the eggs, slightly beaten, and cook a moment longer. Cool, add the vanilla, and serve hot or cold with cream.

Grapejuice Tapioca

2½ cupfuls water
⅓ teaspoonful salt
¾ cupful sugar
1 cupful grapejuice
⅔ cupful quick-cooking tapioca
Juice of 1 lemon
Whipped cream

Boil the water, salt, and sugar until the sugar is dissolved. Stir in the tapioca and cook over hot water (double boiler) until clear. Add the lemon and grapejuice and cook for five minutes longer, chill, and serve with whipped cream to which two tablespoonfuls of grapejuice may be added.

Other commercial or home-canned fruit juices or syrups may be substituted for the grapejuice, increasing or reducing the sugar according to individual taste.

Peach Tapioca

2 cupfuls juice from stewed peaches
1 cupful stewed peaches, diced
1 teaspoonful grated orange rind
⅓ cupful quick-cooking tapioca
⅛ teaspoonful salt

Sweeten the peach juice to taste, if necessary. Bring to boiling point, stir in the salt and tapioca and cook over hot water (double boiler) until clear. Add the peaches and orange rind, cook a moment longer and serve ice cold with or without plain or whipped cream.

Apricot Tapioca

Substitute stewed apricots and apricot juice for the peaches.

Apple Tapioca

Substitute stewed apple and apple juice.

Currant and Raspberry Tapioca

Substitute two and one-half cupfuls of stewed sifted currant and raspberry juice. Do not add the fruit itself because of the seeds.

Cranberry Tapioca

Substitute two and one-half cupfuls of stewed cranberries and an additional half cupful of sugar.

Christmas Tapioca

1 cupful quick-cooking tapioca
3½ cupfuls boiling water
2 tablespoonfuls lemon juice
¾ cupful orange juice
½ teaspoonful salt
½ pound figs
1 cupful raisins
1 cupful broken walnut meats
2 cupfuls light brown sugar

Stir the salt and tapioca into the boiling water and cook until the tapioca is almost translucent; then add the sugar, the figs cut fine, and the raisins, and continue to cook until the fruit is tender—about thirty minutes. Add the fruit juices and nut meats, cook a moment or two longer, chill, and serve with whipped cream.

If desired, concentrated home-made raspberry juice may be used instead of orange juice to give a red colour.

DESSERTS WITH A BREAD OR CRACKER FOUNDATION

Moulded Cranberry Pudding

Slices of stale bread
3 cupfuls hot, well-sweetened stewed cranberries

Cut the bread into slices, remove the crusts and line a plain bowl or mould, fitting closely into place. Pour in the boiling cranberries, lay another slice of bread over the top, cover with a plate and press down with a weight. Set aside until cold, unmould, and serve with additional stewed cranberries, soft custard, or marshmallow crème diluted with cranberry juice till it will pour.

Moulded Blackberry-and-Apple Pudding

Substitute three cupfuls of hot, well-sweetened blackberries and apple cooked together for the cranberries.

Moulded Currant-and-Raspberry Pudding

Substitute three cupfuls of hot, well-sweetened currants and raspberries cooked together.

Moulded Plum Pudding

Substitute three cupfuls hot, well-sweetened stoned plums.

Moulded Damson Pudding

Substitute three cupfuls of hot, well-sweetened stoned damsons.

Moulded Apricot Pudding

Substitute three cupfuls of hot, well-sweetened stewed apricots.

Cabinet Pudding

5 thick slices stale bread
½ can diced or grated pineapple
2 cupfuls milk
2 eggs
3 tablespoonfuls sugar

Remove the crusts from the bread (save these to crisp for soup). Cut the bread into strips, put a layer into an oiled mould, then a little of the pineapple, then more bread, and so on. Beat the eggs with the sugar, add the milk, and pour it over the fruit and bread. Set aside for half an hour, then place in a pan containing hot water and bake in a moderate oven—350 degrees F.—until the custard is set—about three quarters of an hour. Turn out and serve hot or cold with cream, or a sauce made from the juice of the pineapple diluted with one half its bulk of water and thickened with a little cornstarch.

Escalloped Fruit

3 cupfuls stale cake crumbs
3 cupfuls stewed or canned juicy fruit
2 tablespoonfuls butter

Butter a baking dish, put a layer of crumbs into it, over this place a layer of the stewed or canned fruit and continue until all the ingredients are used, reserving one-half cupful of crumbs, into which the butter or substitute has been stirred, for the last layer. Bake thirty minutes in a moderate oven—350–375 degrees F.—and serve hot with hard sauce or any good liquid sauce.

Cooked rice, farina, or bread crumbs may be used in place of the cake crumbs, when each layer should be dotted with butter and a little sugar.

"BETTYS"

"Bettys" may be made with practically any kind of juicy fruit, either one fruit or a blend. It sometimes happens that one has what might be described as "a little o' this and a little o' that" in the refrigerator, yet not enough of any one thing to make a dessert by itself, so why not put them together? A few good combinations are: blackberry and apple, rhubarb and strawberry, cherry and rhubarb, currant and raspberry, apple and pineapple, plum and rhubarb. Any of these may be used by themselves as may peaches, apricots, or cranberries.

Then, too, "Bettys" may be made with bread crumbs, rusk crumbs, or stale cake crumbs, and they may be prepared in little individual dishes just as well as in one large baking dish.

Apple Betty

3 cupfuls stale cake crumbs
3 cupfuls chopped apples
2 tablespoonfuls butter
½ teaspoonful cinnamon or grated rind of ½ lemon
⅔ cupful sugar

Mix with the chopped apples pared and cored the sugar and the cinnamon or grated lemon rind. Oil a baking dish, put in a layer of the prepared fruit, then one of crumbs, and repeat until all the ingredients are used. Dot the butter over the top layer of crumbs. Cover and bake forty-five minutes in a moderately hot oven—350–375 degrees F. Serve with lemon sauce.

When cake crumbs are used the amount of butter and sugar is slightly reduced on account of the extra richness.

Peach Betty

1 dozen peaches
3 cupfuls stale bread crumbs
1 cupful sugar
3 tablespoonfuls butter

Peel the peaches, discard the stones, and chop the fruit coarse. Oil a baking dish and put in it a layer of the fruit, sprinkle with sugar, then with crumbs, and dot with butter. Repeat the layers until all the ingredients are used. Cover, and bake forty-five minutes in a moderately hot oven—350–375 degrees F. Then uncover and cook fifteen minutes longer so as to brown the surface. Serve with cream, custard, or fruit sauce.

Cherry Betty

3 cupfuls stoned cherries, chopped
2½ cupfuls stale bread crumbs
1 cupful granulated sugar
Grated rind and juice of one half lemon
2 tablespoonfuls melted butter

Reserve one-half cupful of the crumbs, add the melted butter, and set aside for the top of the "betty."

Add the lemon rind and juice to the cherries, put a layer of fruit into the bottom of a baking dish or casserole, sprinkle thickly with sugar, then put in a layer of bread crumbs and proceed in this way until all ingredients are used. Sprinkle the buttered crumbs over the top, cover, and bake in a moderate oven—350–375 degrees F.—about forty-five minutes, uncovering during the last fifteen minutes to brown the top. Serve warm with hard sauce flavoured with lemon or cherry.

Raisin-and-Nut Betty

4 cupfuls diced toasted buttered bread
2 cupfuls stewed raisins
½ cupful chopped nut meats (any kind except peanuts)
6 rounds buttered bread

Combine the diced toast, raisins, and nut meats, transfer to good-sized buttered custard cups, cover with the rounds of buttered bread, and bake about thirty minutes, or until the bread is browned. Serve in the cups, passing orange marmalade sauce and whipped cream, or invert the puddings, using the sauce and whipped cream as a garnish.

Bread Custard Pudding

1½ cupfuls crumbled bread
1 tablespoonful butter
⅔ cupful sugar
½ teaspoonful vanilla
1 egg
3 cupfuls scalded milk

Combine the crumbs and milk, bring to boiling point, add the butter, and stir into the egg and sugar beaten light in the pudding dish. Flavour, surround the dish with hot water, and bake in a moderate oven—350 degrees F.—until a knife when inserted will come out clean—about forty-five minutes.

Apple Bread Pudding

Follow the directions in the preceding recipe, adding a cupful of grated apple to the mixture.

Chocolate Bread Pudding

Prepare according to the directions for bread custard pudding, increasing the amount of sugar to a cupful and adding two squares (ounces) of chocolate, melted, or two tablespoonfuls of cocoa to the mixture.

Baked Peach Pudding

1 pint milk
2 cupfuls soft bread crumbs
¼ teaspoonful salt
½ cupful sugar
2 tablespoonfuls butter
2 cupfuls diced peaches
2 well-beaten eggs

Scald the milk, pour over the bread crumbs with which the salt and sugar have been mixed. Beat in the butter, cover, and set aside for ten minutes to allow the crumbs to swell. Add the eggs and peaches, turn into an oiled baking dish, and bake three quarters of an hour in a moderately hot oven—350–375 degrees F.—covering the dish the first half hour of cooking.

If preferred, add only the egg yolks to the pudding and cover with a meringue made from the egg whites beaten stiff with an additional tablespoonful of sugar.

Gooseberry Bread Pudding

4 cupfuls gooseberries
1½ cupfuls sugar
½ cupful water
2 tablespoonfuls butter
1½ cupfuls soft bread crumbs
3 eggs
¼ teaspoonful salt

"Top and tail" the gooseberries and cook them gently with the sugar and water until soft. Add the crumbs, butter, and salt, the egg yolks, and the white of one egg, well beaten. Turn into a baking dish (oiled) and bake in a moderately hot oven—350–375 degrees F.—about twenty minutes. Meanwhile, make a meringue with the remaining egg whites and two additional tablespoonfuls of sugar. Pile this on the pudding and return to the oven to set and brown the meringue.

Ginger Snap Pudding

1½ cupfuls ginger snap crumbs
½ cupful white or brown sugar (scant)
1¼ teaspoonfuls mixed ground spice
1 egg
3 cupfuls milk

THE CHRISTMAS DESSERT

Serving the flaming plum pudding—the waitress in perfect uniform

FRENCH PASTRIES ANY WOMAN CAN MAKE:

1. *A frosted eclair*
2. *Thin layers of sponge cake with Mocha icing and finished with butter cream*
3. *A decorated cream puff*
4. *Thin layers of plain cake with fudge frosting*
5. *An oval cake with chocolate and plain butter cream decoration and sliced toasted almonds*
6. *A raisin cake square, orange icing, chopped pecans and plain butter cream*
7. *Another decorated cream puff, maple frosting and a cherry*
8. *A Napoleon*

Butter a baking dish, put in the crumbs, add the milk, sugar, spices, and the egg, well beaten. Stand in a pan of hot water and bake until set in a moderate oven—350 degrees F. Serve warm with top milk, cream, or marshmallow cream sauce. A mixture of various sweet-cracker crumbs may be substituted for the ginger snaps, if desired.

Buttered Cracker Pudding

6 Boston crackers, split and buttered
3 cupfuls milk
¾ cupful sugar
Few grains salt
2 eggs
¼ teaspoonful nutmeg

The crackers should be very fresh; place them buttered-side up in a pudding dish. Beat the eggs, add the sugar, then the remaining ingredients; pour over the crackers, let stand thirty minutes, then set the dish in a pan of hot water and bake in a moderate oven—350 degrees F.—until a knife when inserted will come out clean—about forty-five minutes.

DESSERTS OF CAKE OR BREAD TYPE

Cottage Pudding

⅓ cupful shortening
⅔ cupful sugar
1 egg
1 cupful milk
2 cupfuls flour
3 teaspoonfuls baking powder
½ teaspoonful salt
Grated rind ½ lemon

Cream the shortening and sugar until light, add the egg, well-beaten, then the milk and lemon rind, and last of all the flour, salt, and baking powder sifted together. Beat thoroughly, turn into an oiled pan and bake half an hour in a moderately hot oven—350–375 degrees F. Serve with hard sauce, fruit sauce, or lemon sauce.

Chocolate Cottage Pudding

To the recipe for cottage pudding add two tablespoonfuls of melted chocolate.

Berry Cottage Pudding

To the recipe for cottage pudding add three-fourths cupful of washed and dried blueberries, huckleberries, or black caps.

Nut Cottage Pudding

To the recipe for cottage pudding add one-half cupful of chopped nut meats—any kind, except peanuts.

Cream Sponge Pudding

4 eggs
1½ cupfuls sugar
⅓ cupful cold water
1½ cupfuls bread flour
1½ teaspoonfuls baking powder
¼ teaspoonful salt
½ teaspoonful vanilla

Beat the eggs and sugar together until very thick, add the water, then the flour, baking powder, and salt sifted together, folding them in very lightly. Bake in an oiled dripping pan in a moderate oven—350 degrees F.—and when cold cut in squares. Serve with fudge, butterscotch, mocha, or any fruit sauce.

Fudge Pudding

Prepare the mixture for cream sponge pudding, baking it in cup-cake pans. Arrange individually for serving, pour over fudge sauce and garnish with sweetened whipped cream put on with a pastry bag and tube. Chopped walnut meats may be used as a further garnish, if desired.

Chocolate Sponge Roll

3 eggs
1 cupful sugar (scant)
¼ cupful grated chocolate
¼ cupful milk
2 teaspoonfuls baking powder
1 cupful bread flour
½ teaspoonful vanilla
¼ teaspoonful salt

Beat the egg yolks, add the sugar and cream until fluffy. Melt the chocolate, and add to the mixture with the milk and flavouring. Fold in the flour, baking powder, and salt, sifted together, alternately with the egg whites, beaten stiff. Transfer to a medium-sized oiled dripping-pan and bake from twenty to twenty-five minutes in a moderate oven, 350 degrees F. Cover with raspberry or strawberry jam, or with marshmallow cream, roll as for jelly roll, dust with powdered sugar, and serve when cold, cut in slices, with sweetened whipped cream.

If desired, whipped cream may be used for the filling and sweetened sliced peaches instead of sauce.

Sponge Berry Roll

3 eggs
1 cupful granulated sugar
3 tablespoonfuls cold water
1 cupful bread flour
$\frac{1}{3}$ teaspoonful salt
$\frac{1}{2}$ teaspoonful lemon extract
$1\frac{1}{2}$ cupfuls crushed sweetened strawberries or raspberries

Beat the eggs and sugar together until very thick, add the water and flavouring, then the flour and salt which have been sifted twice. Fold lightly into the egg mixture, spread on a large shallow pan lined with oiled paper, and bake in a moderate oven—350–375 degrees F.—about twelve minutes. As soon as the cake is done turn upside down on to a cloth which has been sprinkled with granulated sugar, tear off the paper (moisten on the outside with a little cold water if it sticks), spread with the sweetened berries, roll up quickly, and serve with additional crushed sweetened berries as a sauce.

Chocolate Cream Roll

3 eggs
3 tablespoonfuls powdered sugar
3 teaspoonfuls cocoa
Whipped cream

Separate the eggs, beat the yolks until light, and add the sugar and cocoa. Beat again and fold into the egg whites whipped stiff. Transfer to a medium-sized pan lined with paraffin paper, spreading about one-half inch thick. Bake for ten minutes in a moderate oven—350 degrees F. Spread with sweetened whipped cream, roll up, chill, and serve sliced, with sliced and sweetened peaches, strawberries, or canned fruit.

Apple Ginger Pudding

1 egg
1 cupful molasses
3 tablespoonfuls shortening, melted
2 teaspoonfuls ginger
$\frac{1}{2}$ teaspoonful cinnamon
1 teaspoonful soda
$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cupful hot coffee
$1\frac{3}{4}$ cupfuls bread flour
$2\frac{1}{2}$ cupfuls apple sauce

Oil a baking dish and pour in the sauce. Then beat the egg, add the remaining ingredients in the order given, pour this over the sauce, and bake about forty minutes in a moderate oven—350 degrees F. Serve with plain or whipped cream or with honey lemon sauce.

Any other sauce may be substituted for the apple sauce.

Peach Cobbler

1 quart peaches
1½ cupfuls sugar
1½ cupfuls water
2 tablespoonfuls butter
¼ cupful sugar
1 egg
½ cupful milk
1 cupful flour
1 teaspoonful baking powder
⅓ teaspoonful salt

Peel the peaches, remove the stones, and cut the fruit into small pieces. Add the one and one-half cupfuls of sugar and the water and cook, closely covered, until the fruit is tender. Cream the butter and one-fourth cupful of sugar, gradually add the well-beaten egg, the milk, and the flour, salt, and baking powder sifted together. Beat thoroughly, pour over the hot fruit in the baking dish and bake in a moderately hot oven—350–375 degrees F.—thirty to thirty-five minutes.

Apple Cobbler

Substitute one quart of apples, peeled, cored, and cut into small pieces for the peaches in the above recipe.

Apple and Blackberry Cobbler

Use one cupful of blackberries in place of an equal quantity of apples in the recipe given above.

Plum Cobbler

Substitute one quart of plums slightly crushed or cut into halves for the peaches.

Berry Cobbler

Substitute one quart of blackberries, blueberries, or loganberries for the peaches.

Cranberry Cobbler

Substitute one quart of cranberries for the peaches and add an additional half cupful of sugar and an eighth teaspoonful of soda—this being stirred in when the cranberries are partly cooked.

Blackberry Roll

2 cupfuls flour
4 teaspoonfuls baking powder
½ teaspoonful salt
4 tablespoonfuls butter or substitute
¾ cupful milk
2½ cupfuls blackberries mixed with ½ cupful sugar

Sift the flour, baking powder, and salt together, rub in the shortening, and mix to a light dough with the milk. Turn out on a floured board, roll into an oblong sheet about one third of an inch thick, spread with the blackberries and sugar, wet the edges, roll gently, place on an oiled baking sheet and brush over the top with milk. Bake in a moderate oven—350–375 degrees F.—for thirty minutes. Serve with lemon or hard sauce.

Canned Fruit Roll

Substitute well-drained canned fruit for the blackberries in the preceding recipe.

Individual Upside-Down Fruit Pies

Prepare the mixture for the crust given in blackberry roll. Butter muffin pans, fill three-fourths with sliced fresh fruit well sweetened; fresh berries, sweetened, or with sweetened canned or stewed dried fruit. Top with rounds of the crust and bake in a hot oven—375 degrees F.—for twenty minutes. For serving, turn upside down and accompany with any liquid or hard sauce desired.

Chocolate Nuts

3 cupfuls crumbled stale cake
3 tablespoonfuls powdered sugar
2 squares (ounces) cooking chocolate, grated
½ cupful finely chopped nut meats
1 cupful whipped cream
2 tablespoonfuls granulated sugar
¼ teaspoonful vanilla extract

Have the cake coarsely crumbled, spread in a baking pan, and toast until slightly crisp in a moderate oven—about 350 degrees F. Blend the grated chocolate, nut meats, and powdered sugar, sprinkle over the cake crumbs and return to the oven until the chocolate is melted. Cool, place in sherbet glasses and top with the whipped cream to which the sugar and vanilla have been added.

SHORTCAKES

Shortcakes are of two varieties—biscuit shortcakes and cake shortcakes. The former depend upon a baking-powder biscuit formula while the latter are sweet.

Biscuit Shortcakes

Biscuit shortcakes are treated in detail under Quick Breads.

Sweet Shortcake

Prepare the recipe for sponge pudding or cottage pudding, baking it in two or three layers, putting the layers together with any desired fruit. Heap whipped cream on the top or put it on with a pastry bag and tube and garnish with whole sections of the fruit.

Individual Sweet Shortcakes

Bake the shortcake mixture in a loaf about two and a half inches thick and cut in two-and-a-half inch squares. Split these, putting the desired fruit between them, then cover with whipped cream put on with the pastry bag and tube, and garnish with the berries. This method is used in all hotel and restaurant cookery.

NOTE: For suggestive shortcake fillings see section on Quick Breads.

STEAMED DESSERTS

Steamed Blueberry Pudding

1 cupful flour
½ cupful stale bread crumbs
1½ teaspoonfuls baking powder
½ teaspoonful salt
½ cupful sugar
½ cupful shortening
1 egg
⅔ cupful milk
1½ cupfuls blueberries

Sift together the flour, salt, and baking powder, rub in the shortening, add the bread crumbs and sugar, and stir in the blueberries, then moisten with the well-beaten egg and the milk. Turn into an oiled bowl or mould, cover closely, and steam for two hours. Serve with hard sauce or any sweet liquid sauce.

Steamed Blackberry Pudding

Substitute one and one-half cupfuls of blackberries for the blueberries in the above recipe.

Steamed Cranberry Pudding

Substitute one and one-half cupfuls of halved cranberries and an additional one-fourth cupful of sugar for the blueberries.

Eggless Steamed Carrot Pudding

1 cupful grated raw potatoes
1 cupful grated raw carrots
1 cupful flour
½ cupful sugar
½ cupful raisins
1 teaspoonful soda
¾ teaspoonful salt
1 teaspoonful nutmeg
1 teaspoonful mixed spice

Combine the grated vegetables with the sugar. Sift together the dry ingredients, add the raisins, mix thoroughly, and stir into the first mixture. Transfer to a well-oiled mould, cover, and steam for four hours. Serve with any simple sauce, hard sauce, or whipped cream.

English Steamed Carrot Pudding

3 cupfuls raw carrots, grated or put through the food chopper
2 cupfuls chopped suet
1⅓ cupfuls stale bread crumbs
1⅓ cupfuls cleaned currants
⅔ cupful raisins
¾ cupful sugar
½ teaspoonful nutmeg
Grated rind ½ lemon
1 egg
⅔ cupful flour
¾ teaspoonful salt

Combine the dry ingredients and add the fruit and suet. Rub together well with the hands, then stir in the carrots and the egg. Transfer to a well-oiled pudding mould and steam for four hours. Serve with any fruit sauce.

Steamed Ginger Pudding

1½ cupfuls flour
½ cupful stale bread crumbs
2 teaspoonfuls baking powder
½ teaspoonful salt
2 teaspoonfuls ginger
1 cupful finely chopped suet
1 cupful molasses
1 egg
About 1 cupful milk or water

Mix the dry ingredients thoroughly. Add the molasses and the lightly beaten egg, then moisten with the water or milk to a consistency that will drop easily from the spoon. Pour into an oiled mould, cover closely, and steam for two hours. Serve with hard sauce or any tart liquid sauce.

Steamed Jam Pudding

½ cupful flour
⅔ teaspoonful salt
2 teaspoonfuls baking powder
1 cupful flaked cereal
½ cupful sugar
½ cupful chopped suet
⅔ cupful jam
1 egg
½ cupful milk

Sift together the flour, salt, and baking powder, add the cereal, sugar, and suet, and blend all thoroughly. Next put in the jam, the egg, well beaten, and the milk. Beat hard, turn into a well-oiled mould, cover, and steam for three hours. Unmould and serve with lemon or foamy sauce.

Steamed Marmalade Pudding

1½ cupfuls stale bread crumbs
1 cupful orange marmalade
2 eggs
1⅓ cupfuls milk

Oil a pudding mould or bowl and put the bread crumbs and marmalade into it in even alternate layers until all are used. Beat the eggs slightly, add the milk, and pour the mixture over the ingredients in the mould. Set aside for ten minutes, place the cover on the mould, cover with a piece of oiled paper twisted under the rim to keep it in position. Steam one and one-half hours, unmould, and serve hot with a lemon sauce.

English Plum Pudding

3 cupfuls flour
1 teaspoonful salt
½ teaspoonful allspice
½ teaspoonful grated nutmeg
½ teaspoonful ground cinnamon
2 cupfuls stale bread crumbs
2 cupfuls seeded raisins
6 eggs
1 cupful currants
2 cupfuls brown sugar
½ cupful chopped figs
1 cupful shredded candied citron, orange, and lemon mixed
2 cupfuls chopped beef suet
Grated rind of 1 lemon
1 cupful grapejuice

Sift together the flour, salt and spices, add the bread crumbs, the raisins cut into halves after seeding, the currants, sugar, suet very finely chopped, the shredded candied peel, the figs, and lemon rind. Mix thoroughly, then moisten with the well-beaten eggs and grapejuice. Turn into well-oiled moulds having tightly fitting covers, fill not more than two thirds. Steam or boil for eight hours. This pudding may be made some time before it is needed and reheated by a

further boiling of at least one hour. Serve with golden sauce, hard sauce, or any desired liquid sauce.

Raspberry Batter Pudding

1½ cupfuls flour
½ teaspoonful salt
1½ teaspoonfuls baking powder
4 tablespoonfuls sugar
2 eggs
1 tablespoonful melted butter or a substitute
½ cupful milk
1 cupful fresh raspberries

Sift together the flour, salt, and baking powder, add the sugar, the eggs, well beaten, the melted shortening, and the milk. Beat until perfectly smooth, stir in the raspberries which have been rolled in dry flour, turn into a well-oiled mould, cover closely, and steam for three quarters of an hour. Unmould and serve with hard sauce or any preferred liquid sauce.

Blackberry Batter Pudding

Substitute one cupful of fresh blackberries for the raspberries in the above recipe.

Loganberry Batter Pudding

Substitute one cupful of fresh loganberries for the raspberries.

Cherry Batter Pudding

2 cupfuls stoned cherries
⅔ cupful sugar
1 cupful flour
1 teaspoonful baking powder
1 tablespoonful melted shortening
¼ teaspoonful salt
1 egg
½ cupful milk

Put the cherries into a bowl and sprinkle the sugar over them. Sift together the flour, salt, and baking powder, and mix with the egg, milk, and melted shortening. Pour over the cherries, cover with waxed paper, and steam for one hour. Serve hot with cream, hard sauce, or liquid sauce.

Steamed Orange Balls

⅓ cupful butter or a substitute
⅔ cupful sugar
2 eggs
1½ cupfuls flour
¼ teaspoonful salt
1½ teaspoonfuls baking powder
Grated rind and strained juice of 2 oranges

Cream the shortening and sugar until light, add the eggs, well beaten, the orange rind and juice, then the flour, salt, and

baking powder sifted together. If the oranges are very small, a little water may be needed for additional moistening. The batter should be of a consistency to drop easily from the spoon. Half fill oiled cups, cover, and steam for forty-five minutes. Serve with foamy orange sauce.

Steamed Puffs

1½ cupfuls flour
1½ teaspoonfuls baking powder
¼ teaspoonful salt
½ cupful sugar
½ teaspoonful vanilla
1 egg
2 tablespoonfuls melted shortening
½ cupful milk

Sift together the flour, baking powder, and salt, add the sugar and mix with the egg, well beaten, the melted shortening, vanilla, and milk. Beat thoroughly, half fill well-oiled cups, and steam one hour. Serve with hard or liquid sauce.

Steamed Chocolate Puffs

Add one and one-half squares (ounces) of chocolate, melted, to the batter and proceed as directed.

Steamed Chocolate Pudding

Prepare the mixture for steamed chocolate puffs, transfer to a quart-sized mould, and steam for two hours.

Cranberry Pot Pie

1 quart cranberries
2 cupfuls sugar
3 cupfuls water
1½ cupfuls flour
1½ teaspoonfuls baking powder
¼ teaspoonful salt
About ½ cupful milk
A tablespoonful shortening

Cook the cranberries, sugar, and water as for sauce. Sift together the flour, baking powder, and salt, work in the shortening and mix to a light dough with the milk; roll or pat out on a floured board a little smaller than the size of the pan in which the sauce was made. Lay the dough on top of the fruit, cover closely, and cook twenty-five to thirty minutes. Cut the crust into pie-shaped sections, turn the fruit into a deep serving dish, and lay the sections of crust over it. Hard sauce may be passed if desired.

Currant and Raspberry Pot Pie

Substitute one quart of currants and one cupful of raspberries for the cranberries and proceed as in the above recipe.

Plum Pot Pie

Substitute one quart of stoned plums for the cranberries.

Cherry Pot Pie

Substitute one quart of stoned cherries and one cupful of sugar for the cranberries and sugar.

Huckleberry Pot Pie

Substitute one quart of huckleberries and one cupful of sugar for the fruit and sugar.

Apple and Blackberry Pot Pie

Substitute three cupfuls of diced apples and two cupfuls of blackberries, also one and one-third cupfuls of sugar for the fruit and sugar.

Steamed Raisin Roll

2 cupfuls bread flour
4 teaspoonfuls baking powder
2½ tablespoonfuls shortening (any kind)
1 tablespoonful sugar
1 egg yolk (optional)
½ teaspoonful salt
¾ cupful milk
2 tablespoonfuls butter (additional)
¾ cupful raisins
¼ cupful sugar (additional)

Sift together the dry ingredients, rub in the shortening, keeping the mixture flaky, then moisten with the milk and egg yolk, if used. Roll into an oblong shape one-half inch in thickness, spread with the butter, which should be creamed, dot with the raisins, and sprinkle with the sugar. Roll as for jelly roll, place in an oiled steamer, and steam from fifty minutes to an hour. Serve with any liquid fruit sauce.

Individual Steamed Fruit Dumplings

Prepare the mixture for steamed raisin roll. Roll it to one-half inch in thickness and cut in four-inch squares. In the centre of each place a tablespoonful of well-sweetened chopped apple, fresh or canned peaches, canned pineapple, pitted prunes, or apricots. Fold over, press into ball shape, and steam for thirty minutes. Serve with any liquid fruit sauce, hard sauce, or whipped cream in addition, if desired.

NOTE: For further dumpling recipes see section on Quick Breads.

Steamed Bread Pudding

1 small loaf bread soaked in water and very well drained
1 cupful sugar
¼ cupful butter
2 eggs
⅓ cupful shredded citron
¼ cupful halved seeded raisins
½ teaspoonful cinnamon
Grated rind and juice ½ lemon

Cream together the sugar and butter, beat in the egg yolks, add bread, and the remaining ingredients. Finally fold in the egg whites, beaten stiff. Put in a well-oiled pudding mould and steam for two hours. Serve hot with the desired pudding sauce.

Steamed Graham Cracker Pudding

4 tablespoonfuls butter or margarine
½ cupful sugar
1 egg
1½ teaspoonfuls baking powder
¾ cupful milk
½ teaspoonful vanilla
½ teaspoonful salt
3 cupfuls finely rolled graham cracker crumbs

Cream the shortening, add the sugar, vanilla, egg yolk, and salt. Then add alternately the milk and the cracker crumbs mixed with the baking powder. Lastly, fold in the egg white beaten stiff. Transfer to a well-oiled mould, cover, and steam for an hour and a half. Serve with hard sauce, or with any form of fruit or whipped-cream sauce. If desired, a half cupful of shredded dates may be added to the mixture.

Fig Pudding

2 cupfuls flour
½ teaspoonful salt
2 teaspoonfuls baking powder
1 cupful finely chopped beef suet
½ cupful sugar
1 cupful chopped figs
⅔ cupful milk

Sift together the flour, salt, and baking powder, add the suet, sugar, and figs, and moisten with the milk. Turn into an oiled mould or bowl, cover closely, and steam for two hours. Unmould and serve with lemon sauce.

Date Pudding

Substitute one cupful of quartered stoned dates for the figs in the above recipe and add the grated rind of an orange.

CHARLOTTES

Whenever the word "Charlotte" appears, the presence of whipped cream is implied, together with sponge cake or lady fingers to form a case or lining. Sometimes the mould is lined with lady fingers or strips of sponge cake and the centre consists of a Bavarian cream. In this case, the charlotte may be made several hours before serving. But if it is the ordinary type of Charlotte Russe the dish cannot stand long unless the whipped cream is stiffened by the addition of a little gelatine.

Charlotte Russe Filling without Gelatine

1 pint heavy cream
¼ cupful marshmallow crème
½ cupful powdered sugar
½ teaspoonful vanilla

Beat the cream until stiff, gradually adding the marshmallow crème and the sugar. Stir in the vanilla and use for charlotte russes not to be unmoulded.

Charlotte Russe Filling with Gelatine

Prepare as directed above, adding a teaspoonful of gelatine allowed to stand five minutes in two tablespoonfuls of milk, then melted over steam.

Chocolate Charlotte Russe Filling

Prepare either of the two preceding fillings, adding a square (ounce) of melted chocolate to the cream while it is being whipped.

Grapejuice Charlotte Russe Filling

Prepare according to the directions for charlotte russe filling with gelatine, substituting grapejuice for the milk.

Coffee Charlotte Russe Filling

Prepare according to the directions for grapejuice charlotte russe filling, substituting an infusion of strong coffee for the grapejuice.

Plain Charlotte Russe

Line sherbet cups with strips of sponge cake or halved lady fingers, sticking them into a little of the charlotte mixture.

Fill with the charlotte mixture, putting it in by means of a pastry tube and bag, and top with halves of candied cherries, whole nut meats, or candied violets.

Charlotte Russe with Jam or Marmalade

Put a tablespoonful of raspberry or strawberry jam, orange marmalade, or any other rich preserve into each glass, then proceed as directed in the recipe for plain charlotte russe.

Coffee Charlotte Russe

Put a tablespoonful of peach preserve into each sherbet glass. Line with sponge cake or lady fingers and heap with coffee charlotte russe filling. Garnish with chopped nut meats.

Raspberry Charlottes

1 cupful raspberries
2 cupfuls whipped cream
3 tablespoonfuls sugar
1½ teaspoonfuls gelatine
2 tablespoonfuls cold water
Lady fingers or thin slices stale sponge cake

Soften the gelatine in the cold water, then place over hot water until dissolved; crush the raspberries and add the sugar. Whip the cream until stiff, add the dissolved gelatine and the fruit, and pile in sherbet glasses or small dishes lined with the lady fingers or sponge cake. Chill before serving.

Charlotte Filled Cakes

Hollow out individual sponge cakes to form cups, fill with the charlotte mixture, putting it in by means of the pastry bag and tube, and garnish as desired.

ICEBOX CAKES

Icebox cake is an adaptation of either a charlotte or Bavarian cream, or a mixture of both. It always calls for whipped cream in some form and frequently for butter. Nuts are often added and the mould is either decorated or put together with some sort of a cake mixture, as macaroons, sponge cake, angel cake, or lady fingers. In any case the dessert is so extremely rich that it should be served only in small quantities in a meal containing very little fat.

Almond Icebox Cake

¾ cupful fresh butter
1¼ cupfuls sifted powdered or confectioner's sugar
3 eggs
1 cupful finely chopped toasted almond meats
½ pint heavy cream
½ teaspoonful almond extract
12 macaroons
1½ dozen single lady fingers

Beat the butter to a cream and work in the sugar, almond extract, and egg yolks. Then add the egg whites, whipped stiff, and the chopped nut meats, and combine the mixture with the cream, which should be whipped stiff and folded in. Line a three-pint mould with waxed paper, put a layer of macaroons on the bottom, interspersing them, if desired, with whole toasted almond meats, to form a design. Line the sides of the mould with the lady fingers, arranging them vertically, put half of the cream mixture in the mould, on this lay the remaining macaroons, adding the balance of the mixture, and set in the coolest part of the refrigerator for twenty-four hours. To serve, unmould and garnish with additional sweetened whipped cream, putting it on by means of the pastry bag and tube.

Chocolate Icebox Cake

Follow the recipe for almond icebox cake, omitting the nuts and adding to the creamed butter and sugar a half pound of grated sweet chocolate, melted.

Russian Cream

3 ounces (squares) cooking chocolate
3 eggs
3 tablespoonfuls confectioners' sugar
½ teaspoonful vanilla

Break up the chocolate and melt over boiling water. When liquefied add the vanilla and beat in the egg yolks one at a time, mixing each in thoroughly before adding the next and adding one tablespoonful of the sugar with each egg yolk. Beat the egg whites until very stiff, fold into the chocolate mixture, pile in a dish, and chill for two or three hours before serving.

If preferred, the mixture may be turned into individual paper cases for chilling, and if desired finely chopped nut meats may be sprinkled over the tops.

DESSERTS OF THE GELATINE TYPE

There is no food which can be more easily used than gelatine. Many have clung to the old erroneous idea that it has no "food value." Soluble though it is, when it comes in contact with the juices of the stomach, it belongs to the protein group. Because it dissolves so readily it passes quickly through the digestive tract and is almost immediately absorbed.

The gelatine dessert may be made to balance almost any lacking element of the meal because gelatine may be used as the vehicle for the introduction of other foods. Take, for instance, a luncheon that is deficient in fat—a raspberry Bavarian cream, which contains whipped cream, will fill the gap. Or suppose the meal is deficient in muscle-making properties—then the addition of a coffee sponge, which contains egg whites, will make it balance.

The use of gelatine is really an economy, for there are many odds and ends which may be added to the right gelatine base and thereby be extended in sufficient quantity to feed a family.

General Directions for Using Gelatine

There are various kinds of gelatine on the market. All reliable brands of plain gelatine are now put up in powdered or granulated form, so that it may be easily measured by level tablespoonfuls. One level tablespoonful of gelatine is sufficient to stiffen a pint of liquid. In case the gelatine is purchased in the old-time sheet form, allow one sheet to a half cupful of the mixture. If a prepared gelatine is purchased, in which the flavouring and sugar are included in the package, the right amount of gelatine is already measured and the directions on the package should be closely followed.

How to Use Plain Gelatine

In using a plain gelatine, the procedure is first barely to cover it with sufficient cold water or fruit juices, as may be designated in the recipe, to soften, allowing it to stand five minutes. It is then generally stirred into the boiling liquid which is to be stiffened. There is, however, one exception to this—in case the gelatine is being used to stiffen whipped

cream, a mousse, or some other food in which there is no boiling basic liquid, after being softened it should be set over steam and allowed to melt. A little of the cold mixture may then be gradually stirred into it and it may be added to the full quantity.

All fresh fruits may be used in the making of gelatines, with the exception of pineapple. This cannot be used unless it is thoroughly cooked, as it contains a principle called bromelin, which acts in a similar way to the pepsin in the stomach and which, unless its activity is killed by cooking, actually digests the gelatine!

A gelatine dish cannot be stiffened in a minute, so the time to make it is early in the morning if it is to be ready for dinner at night. An extra quantity of gelatine can be used to hasten the stiffening process, but that is an economic waste and, at the same time, the delicacy of flavour is destroyed.

Moulding Gelatines

Many have asked me how they can duplicate the beautiful moulded gelatines they have seen, generally at Food Shows and other places where demonstrations were being held. The moulds themselves should be of excellent quality—ordinary tin not being safe. Imported moulds are generally used, and aluminum, glass, or brown earthenware, are all suitable.

If the mould is very elaborate, an eighth less liquid should be used in making up the gelatine. The mould itself should be very sparingly rubbed with a little salad oil, then wiped out with tissue paper. The gelatine mixture may then be poured in; after becoming stiff, if loosened carefully about the edges, it can be easily turned out. If a paper doily is put upon the serving platter or plate and the gelatine is turned out upon this, it may then be moved about on the plate, as desired. If fruit or flowers are to be moulded in the jelly, it is first necessary to pour in a thin film of the mixture. Set the mould in iced water and when this film is barely congealed, place the beginning of the design upon it. Pour in a little more of the mixture and continue until the desired result is gained.

If fruit is to be stirred into the gelatine and it is not desirable to form a special design, which of course takes considerable

time and is unnecessary, the prepared food should be stirred into the gelatine at the point when it becomes slightly thickened and viscous like an egg white. It is then sufficiently thick to hold up the fruit so it will not precipitate.

Lemon Gelatine

½ cupful lemon juice
2¾ cupfuls boiling water
1 cupful sugar
Few grains salt
¼ cupful cold water
2 tablespoonfuls gelatine

Combine the gelatine and cold water, let stand five minutes, add to the boiling water, stir in the sugar and salt, and when the mixture has cooled add the lemon juice. Strain into a mould, chill, and serve with any desired sweetened fresh fruit, with canned fruit, or with soft cooked custard.

Orange Gelatine

Observe the proportions and directions for lemon gelatine, substituting one and one-half cupfuls of orange juice for the water and decreasing the lemon juice to two tablespoonfuls.

JELLIED FRUITS

Prepare the recipe for lemon or orange gelatine; place the fruit, which should be whole canned or stewed fresh fruit, in sherbet glasses or in a large flat mould, keeping the pieces about three inches apart. After the gelatine mixture is chilled and a little thick, pour over the fruit, chill, and let stiffen. If prepared in the large mould, cut in squares for serving, a piece of fruit being in the centre of each. Garnish with whipped and sweetened cream.

Dried Fruit Gelatine

1 quart stewed or baked dried fruit with its juice
2 tablespoonfuls granulated gelatine
2 tablespoonfuls cold water

Press the fruit through a sieve to keep back any skin. Mix this pulp with the fruit juice, scald one cupful, add the gelatine softened by allowing it to stand for five minutes with the cold water, stir until thoroughly dissolved, and transfer to a prepared mould. When stiff serve with soft custard, top milk, or whipped cream.

Coffee Gelatine

3 cupfuls boiling coffee
¼ cupful brown sugar
¼ cupful granulated sugar
⅓ teaspoonful vanilla
2 tablespoonfuls gelatine
¾ cupful cold water

Soak the gelatine in the water for five minutes, add to the coffee with the remaining ingredients, and transfer to a mould. When stiff, unmould and serve with whipped and sweetened cream to which chopped nut meats may be added, with soft cooked custard, or with plain cream.

Jack Horner Jelly

1 package prepared strawberry or raspberry gelatine
1 cupful raisins, dates, chopped nut meats, candied cherries, and pineapple mixed
1 cupful diced orange, halved seeded Malaga grapes, apples, and canned peaches mixed

Prepare the gelatine according to the directions on the package, and when beginning to congeal, stir in the remaining ingredients. Let stiffen in the bowl, and for serving break it up with a fork so that the fruits will be fluffed up and shining with the gelatine. Pile in a glass bowl and serve with whipped cream. Almost any combination of fruits may be used.

Moulded Cranberry Jelly

2 tablespoonfuls granulated gelatine
3 cupfuls boiling water
2 tablespoonfuls lemon juice
1 cupful sugar
1 cupful sifted cranberry sauce

Soften the gelatine in a half cupful of cold water, add the boiling water, lemon juice, and sugar, and when nearly cold, stir in the cranberry sauce. Half fill small moulds with the mixture, then whip the remainder until light and fluffy and fill the moulds. When stiff, unmould and use as a relish or dessert.

FRUIT SPONGES

A fruit sponge is a plain gelatine mixture made slightly stiffer than usual, then whipped with or without the addition of whites of eggs. Any plain gelatine mixture may be treated in this way but the beating, by the incorporation of air, in-

creases the bulk, thus making a sponge appear a more economical dessert than a plain gelatine, because more portions are available from the same ingredients. However, the food value is not increased.

Grapejuice Sponge

1½ tablespoonfuls gelatine
2 tablespoonfuls cold water
1½ cupfuls grapejuice
Whites of 2 eggs
⅓ cupful sugar
Sweetened whipped cream

Cover the gelatine with the cold water and set aside for ten minutes. Scald one half of the grapejuice, add the sugar and softened gelatine and stir until both are dissolved. Add the remaining grapejuice and cool until the mixture begins to thicken. Add the beaten egg whites and whisk until stiff. Pile in sherbet glasses, and at serving time decorate with the sweetened whipped cream and grapes, or sprinkle a few chopped nut meats over the cream.

Lemon Sponge or Snow Pudding

1½ tablespoonfuls gelatine
3 tablespoonfuls cold water
3 cupfuls boiling water
Thinly peeled rind of 1 lemon
1 cupful sugar
Juice of 2 lemons

Pour the cold water over the gelatine and set aside for ten minutes. Simmer together for five minutes the sugar, lemon rind, and boiling water, then strain over the gelatine. Cool, add the lemon juice, and when about to set whip until spongy and white. The white of an egg beaten until stiff may be added if desired. Turn into a prepared mould, set aside to chill, unmould, and serve with cream or custard.

Orange Sponge

Substitute orange rind and juice for the lemon rind and juice, reduce the quantity of sugar to two-thirds cupful, and proceed as in the above recipe.

Grape Jelly Sponge

1 cupful grape jelly
1 cupful boiling water
1½ tablespoonfuls granulated gelatine
3 tablespoonfuls cold water
White of 1 egg
Juice of 1 lemon

Put the grape jelly and the boiling water together into the upper part of a double boiler and place over hot water. Meanwhile soften the gelatine in the cold water, add to the

first mixture and stir until both jelly and gelatine are entirely dissolved. Strain, add the lemon juice, cool, and when about to set, add the beaten white of egg and whip vigorously with an eggbeater until firm and spongy. Turn into a prepared mould to set, or pile in a dish and serve garnished with cubes of grape jelly.

Coffee Sponge

1½ tablespoonfuls gelatine
3 tablespoonfuls cold water
3 cupfuls strong scalding coffee
⅔ cupful sugar
⅛ teaspoonful salt
½ teaspoonful vanilla
1 egg white

Cover the gelatine with the cold water and set aside for ten minutes, add the sugar, and pour the scalding coffee over, stirring until the gelatine is dissolved. Cool, add the vanilla, and when about to set add the white of egg which has been beaten until stiff and beat until spongy and light coloured. Turn into a prepared mould and set aside to chill. Unmould and serve with custard or cream.

Chocolate Sponge

Substitute three cupfuls of hot chocolate prepared as for a beverage for the coffee and proceed as in the above recipe.

Gelatines Containing Milk and Eggs

Milk and eggs are not commonly used in the making of gelatines. They are, however, indispensable ingredients in Spanish cream and most of the cold gelatine soufflès. When they are added, the dessert can replace part of the protein, or muscle-maker, of the meal.

Maraschino Spanish Cream

1¾ tablespoonfuls granulated gelatine
3 cupfuls milk
3 eggs
10 tablespoonfuls sugar
Few grains salt
1 teaspoonful vanilla
½ cupful finely chopped maraschino cherries

Soak the gelatine in the milk fifteen minutes, then scald, and add the sugar. Beat the egg yolks, pour the milk mixture on to them, return to the double boiler and cook like a custard, until slightly thickened. Remove from the heat, add the salt and flavouring, and pour on to the egg whites, beaten

until stiff, beating constantly. Add the maraschino cherries with two tablespoonfuls of their syrup, then pour into individual moulds which have been oiled or dipped into cold water. Chill, and when firm, serve garnished with whole maraschino cherries.

Spanish Cream

Prepare according to the preceding recipe, omitting the cherries.

Coffee Spanish Cream

Prepare maraschino Spanish cream, scalding with the milk four tablespoonfuls of ground coffee. Strain this out and proceed as directed, omitting the cherries.

Orange Spanish Cream

1½ tablespoonfuls powdered gelatine
2 cupfuls milk
3 eggs
½ cupful sugar
¼ teaspoonful salt
⅔ cupful orange juice
1 tablespoonful grated orange rind

Soak the gelatine in the milk for fifteen minutes, then add the sugar, salt, and orange rind and scald in a double boiler. Beat the egg yolks slightly, pour a little of the hot mixture over them, then return to the double boiler and cook, stirring constantly until thickened. Pour over the egg whites, beaten until stiff, cool, add the orange juice, and turn into individual moulds dipped in cold water. Chill, unmould, and serve with cream or sliced oranges.

Chestnut Macaroon Mould

1 pint hot plain boiled custard
½ cupful chopped cooked chestnuts
¾ cupful macaroon crumbs
1¼ tablespoonfuls gelatine
½ cupful water

Let the gelatine stand in the cold water five minutes, then melt it over steam. Stir the chestnuts and macaroon crumbs into the hot custard, add the melted gelatine, transfer to a mould which has been rinsed with cold water and let stand until firm. Unmould and serve with or without cream or canned cherries. Stale cake crumbs may be substituted for the macaroons. The custard may be flavoured with almond or vanilla, or a blend of both.

Maple Cream, Charlotte Style

1½ cupfuls milk
2 eggs
½ cupful maple syrup
A few grains of salt
2 teaspoonfuls gelatine
2 tablespoonfuls cold milk
¼ teaspoonful vanilla

Scald the milk in the upper part of a double boiler. Beat the eggs light, add the maple syrup, then pour the scalded milk over, return to the double boiler and cook, stirring constantly, until the mixture coats the spoon. Add the gelatine softened in the cold milk, dissolve, cool, and add the vanilla. Line sherbet glasses with sponge cake or lady fingers, pour in the mixture, and when cold serve garnished with whipped cream, candied cherries, or finely chopped nut meats.

GELATINE SOUFFLÉS

Soufflés are usually of the light fluffy baked or steamed type which must be treated with respect and served at once lest they fall. There is an entirely different form of soufflé which does not require such gentle treatment, but may be made early in the day ready for the evening meal. These are the soufflés in which gelatine and the whites of eggs play an important part, and which are just as spongy, light, and delicate as the hot desserts of the same name.

Dried or fresh fruits or fruit juices or even highly flavoured fruit jellies may be called upon in making these soufflés, or they may be made of coffee or chocolate, moulded individually or in one large mould.

Pineapple Gelatine Soufflé

3 eggs
1 lemon
⅔ cupful sugar
¼ teaspoonful salt
1 cupful grated canned pineapple
2 tablespoonfuls granulated gelatine
½ cupful pineapple juice
½ cupful whipped cream

Separate the eggs, beat the yolks until thick, and add the grated rind and strained juice of the lemon, the sugar, and salt. Turn into the upper part of a double boiler and cook as for soft-cooked custard. Soften the gelatine in the pineapple juice, add to the boiling mixture and when dissolved stir in the pineapple from which any excess juice should be drained. Cool, and when beginning to congeal, fold in the whites of

the eggs beaten stiff and add the whipped cream. Turn into a mould, chill, unmould, and decorate with maraschino cherries, chopped pistachio nuts, and additional whipped cream if desired.

Orange Gelatine Soufflé

1 cupful orange juice
1½ tablespoonfuls granulated gelatine
1 cupful cold water
½ cupful sugar
2 tablespoonfuls lemon juice
Whites of 2 eggs
1 cupful whipped cream

Soften the gelatine in four tablespoonfuls of the water. Boil the remainder and the sugar until the sugar is dissolved, add the gelatine, and stir until dissolved. Remove from the heat, add the orange and lemon juices, and cool. When beginning to congeal add the whites of the eggs, beaten stiff, and the whipped cream. Blend, turn into a prepared mould, chill, unmould, and garnish with peeled sections of tangerine oranges sprinkled with sugar and allowed to become thoroughly chilled.

Coffee Gelatine Soufflé

1½ tablespoonfuls granulated gelatine
1 pint milk
2 tablespoonfuls ground coffee
4 tablespoonfuls sugar
1 cupful whipped cream
2 egg whites
½ teaspoonful vanilla

Soften the gelatine in three tablespoonfuls of the milk. Tie the coffee in a square of cheesecloth and scald in a double boiler with the remaining milk and the sugar. Remove the coffee, add the softened gelatine to the scalding mixture, and stir until it is dissolved. Cool, fold in the whites of eggs beaten stiff, the whipped cream, and the vanilla. Turn into a prepared mould and set aside to chill. Unmould and serve plain or with soft custard made from the yolks of the eggs left over from the soufflé.

Jellied Custard Soufflé

1½ tablespoonfuls granulated gelatine
3 cupfuls milk
3 eggs
½ cupful sugar
1 cupful whipped cream
1 teaspoonful any preferred extract

Soften the gelatine in one-fourth cupful of the milk and scald the remainder. Beat the yolks of the eggs with the

sugar, pour the scalding milk over them and cook over hot water (double boiler) until thick. Add the softened gelatine, stir until dissolved, cool, beat in the whipped cream, extract, and whites of the eggs beaten until stiff. Turn into a prepared mould, chill, unmould, and garnish with whipped cream or with rich stewed fruit.

Jellied Chocolate Prune Soufflé

1½ tablespoonfuls granulated gelatine
1 pint milk
1 square (ounce) cooking chocolate
2 eggs
2 tablespoonfuls sugar
1 cupful stewed prune pulp
½ cupful whipped cream

Soften the gelatine in one-fourth cupful of the milk, scald the remaining milk and chocolate together, beat the yolks of the eggs with the sugar and pour the scalding milk over them. Then cook over hot water (double boiler) until thickened. Add the softened gelatine, cool, and when congealing fold in the whipped cream, prune pulp, and the whites of the eggs beaten stiff. Turn into a prepared mould, chill, unmould, and garnish with additional stewed fruit.

BAVARIAN CREAMS

Whenever the word "Bavarian" is applied to a dessert it implies the use of gelatine and whipped cream with or without a fruit or custard foundation. These desserts are very rich in fat and should be introduced judiciously in meals lacking in that element. They offer the greatest possibilities for beautiful decorating and whenever possible should be made in a large mould and served at the table. If this is not convenient the Bavarian mixture may be poured into the serving glasses, allowed to stiffen, and be garnished before serving with whipped cream sprinkled with chopped nut meats, toasted, shredded almonds, candied rose leaves, or whatever fits into the colour scheme of the meal.

Strawberry Bavarian Cream

1 pint hulled, halved, and washed strawberries
¾ cupful sugar
½ cupful cold water
2 tablespoonfuls gelatine
1 pint heavy cream

Soak the gelatine for five minutes in the cold water. Combine the berries and sugar and bring to boiling point, but do

not boil. Add the gelatine, let stand until barely beginning to congeal, fold in the cream, whipped stiff, and transfer to a mould. For serving, unmould and garnish with additional whipped cream and whole berries.

Peach Bavarian Cream

Substitute the pulp of very ripe peaches for the strawberries in the preceding recipe, adding to this a tablespoonful of lemon juice.

Raspberry Bavarian Cream

Substitute raspberries for the strawberries in the recipe for strawberry Bavarian cream and proceed as directed.

Coffee and Rice Bavarian

2 tablespoonfuls gelatine
½ cupful sugar
2½ cupfuls boiling coffee
1 cupful cooked rice
⅔ cupful milk
⅔ cupful whipped cream
¼ teaspoonful salt
1 teaspoonful vanilla

Soften the gelatine in the milk, dissolve the sugar in the boiling coffee, add the softened gelatine, and stir until dissolved. Set aside until cool, then add the rice, whipped cream, salt, and vanilla. Blend, turn into a prepared mould, chill, unmould, and serve with cream or custard.

Macaroon Bavarian Cream

¾ cupful sugar
2 egg whites
½ cupful boiling water
Few grains salt
1 teaspoonful vanilla
1 cupful heavy cream
1 tablespoonful gelatine soaked in 2 tablespoonfuls cold water
¼ cupful maraschino cherries cut in eighths
½ cupful crumbled macaroons

Boil the sugar and water for five minutes, add the gelatine, and turn on to the egg whites, whipped stiff, beating constantly until cold. Fold in the vanilla and the cream, whipped stiff, the crumbled macaroons, and the cherries. Set aside to chill, unmould, and garnish with additional whole or halved cherries.

Pineapple Bavarian

2 tablespoonfuls granulated gelatine
½ cupful cold water
1½ cupfuls scalded pineapple juice
1 cupful grated pineapple
⅔ cupful sugar
2 tablespoonfuls lemon juice
2 cupfuls whipped cream

Either fresh or canned pineapple may be used; if fresh, grate the fruit and scald it thoroughly with its own juice, then strain to separate juice and pulp; if canned pineapple is used, choose the grated variety. Separate juice and pulp—a little water may be added to make up the quantity of liquid. Soften the gelatine in the cold water, add it with the sugar to the scalded pineapple juice, and stir until both sugar and gelatine are thoroughly dissolved. Cool, add the lemon juice, and as the mixture begins to congeal fold in the pineapple pulp and whipped cream. Turn into a prepared mould, chill, unmould, and garnish with additional whipped cream, pineapple, and a few maraschino cherries.

Grapejuice Bavarian

1½ tablespoonfuls powdered gelatine
2 tablespoonfuls cold water
½ cupful grapejuice, scant
3 tablespoonfuls lemon juice
1 cupful boiling water
½ cupful sugar
¾ cupful cream, slightly turned

Cover the gelatine with the cold water and grapejuice and set aside for five minutes. Dissolve the sugar in the boiling water, pour over the first mixture, and stir until the gelatine is entirely dissolved. Add the lemon juice. Cool, and when just beginning to set, fold in the cream, whipped until stiff. Turn into a prepared mould, chill, unmould, and serve.

Maple Nut Bavarian

1¼ cupfuls maple syrup
4 egg yolks or 2 eggs
1¼ tablespoonfuls gelatine
¼ cupful cold water
½ cupful chopped pecan or walnut meats
1 pint heavy cream
Few grains salt
½ teaspoonful vanilla

Beat the egg yolks until light and pour into them the syrup which has been brought to boiling point. Cook over hot water until the mixture coats the spoon, add the gelatine soaked for five minutes in the cold water, add the salt and vanilla, and when the mixture has begun to congeal, fold

in the cream, whipped stiff, and the chopped nut meats. Transfer to a mould; when stiff, unmould and serve with a garnish of whipped cream and whole nut meats.

Caramel Bavarian Cream

Substitute for the maple syrup in the preceding recipe one and one-fourths cupfuls of caramel syrup made by barely melting in a frying pan three-fourths cupful of sugar, adding to it a cupful of boiling water, and letting the two simmer ten minutes. The nuts may or may not be added.

FRUIT DESSERTS

Although cooked fruits are used in various places in a meal, they are so often adapted to dessert service that it would seem a logical place in which to classify them. All kinds of stewed fresh or dried fruits or canned fruits may be used, as well as baked fruit sauces, baked apples, etc.

Fruit Cups

The general principle underlying the making of fruit cups is described in Foods that Begin a Meal, under the heading Fruit Cocktails.

In making fruit cups the same combinations of fruits may be observed, but the servings are larger. If to be served in a meal lacking in fat, fruit cups made of fruits that are not too acid are often topped with sweetened whipped cream flavoured with a hint of orange or lemon or melted fruit jelly.

Sometimes nuts are added to the fruit as pecans or almonds; walnut meats discolour on standing in liquid.

For dessert fruit cups are sometimes made of cooked dried fruits in combination with a few raw fruits as follows:

1. Pitted cooked prunes, diced apples, sliced oranges, and chopped pecan meats.

2. Diced cooked figs, orange sections, halved marshmallows, and lemon juice.

3. Diced canned apricots, grated pineapple, halved and seeded Malaga, Tokay, or Belgian grapes, and chopped almonds, if desired.

4. Diced apples, cooked raisins, diced canned pineapple,

canned peaches, a little lemon juice, and marshmallow cream to sweeten.

Apple Sauce

1 quart apples cut in eighths
¾ cupful granulated sugar
½ cupful cold water
⅓ teaspoonful nutmeg or
Grated rind ½ lemon

Combine the ingredients and boil rapidly until the apples are soft, then sift. This will produce a very white sauce.

Baked Apple Sauce

Peel the apples, put together the ingredients enumerated in the above recipe, using a casserole. Cover closely and bake for three hours in a slow oven—325 degrees F.—or until the apples are red.

Baked Rhubarb

1½ pounds rhubarb
1½ cupfuls boiling water
1¼ cupfuls sugar
¼ pound prunes or raisins (optional)

Wash the rhubarb but do not remove the skin unless very tough; then cut in half-inch pieces. Place in a casserole and add the water, sugar, and the raisins, or prunes which should be pitted and cut up. Cover, and bake in a slow oven—325 degrees F.—until the rhubarb is tender and pink—about three hours.

Baked Apples

In the preparation of good baked apples the cooking must be slow, otherwise the apples will be overdone and scorched on the outside without being done at the centre. Apples for baking should always be washed and cored, but they may have the entire skin left on or the upper half of the skin may be pared off, the lower half being left on, which helps the apples to keep their shape. Or, if desired, the apples may be entirely pared, when the cooking must be exceedingly slow; otherwise they are apt to break. If the apples are not pared at all, prick them with a fork before baking.

Granulated sugar, brown sugar, maple sugar, honey, maple syrup, or corn syrup may be used as the sweetening agent. If sugar is used put it into the cavities from which the cores were taken, a little grated lemon rind, one or two

cloves or a bit of ground cinnamon being mixed with the sugar, if desired.

Baked Apples with Stewed Dried Fruits

6 apples
½ cupful sugar
½ cupful water
1 cupful cooked dried fruit—prunes, figs, apricots, peaches

Wash and core the apples and place in a baking pan. Stuff the centres from which the cores were removed with the cooked fruit cut into dice. Cook the sugar and water together for two minutes, pour it around the fruit and bake in a moderate oven—about 350 degrees F.—three-quarters of an hour, or until the apples are tender, basting occasionally with the syrup.

Apples Stuffed with Bananas

Substitute sections of banana for the stewed dried fruit in the above recipe.

Baked Apples with Honey

6 apples
½ cupful honey
½ cupful water

Wash, core, and peel the upper half of each apple and place them in a baking dish. Boil the honey and water for two minutes, pour over the apples and bake in a slow oven—not over 350 degrees F.—until tender.

Baked Apples with Maple Syrup

Substitute two-thirds cupful of maple syrup and one-third cupful of water for the honey and water in the above recipe.

Baked Apples with Corn Syrup

Substitute two-thirds cupful of corn syrup and one-third cupful of water for the honey and water.

Baked Apples Stuffed with Nuts and Raisins

6 apples
1 cupful seeded raisins
¼ cupful chopped nuts
½ cupful sugar
½ cupful water

Wash and core the apples, place in a baking dish, and stuff the centres with the nuts and raisins mixed. Boil the sugar

and water two minutes, pour around the apples, and bake three quarters of an hour or until the apples are tender in a moderate oven—350 degrees F.—basting occasionally with the syrup.

Fruit Compote

Technically speaking, fruit compote is fruit cooked in syrup and may be one fruit only or a blend of two or more. As commonly used, fruit compote consists of small moulds of cooked rice or some other cereal as hominy grits or farina made stiff by cooking with one-fourth less water than usual, then pressed into small cups or timbale moulds, turned out for serving, and garnished with portions of cooked fruit. The fruit juice should be made into a hot sauce and thickened with cornstarch, using a tablespoonful of cornstarch moistened with a very little cold water to each cupful of juice. Any canned, dried, or fresh stewed fruit may be used in this way.

Coddled Apples or Pears

6 good-sized apples or hard pears
2 cupfuls boiling water
¾ cupful sugar
½ dozen cloves

Wash the fruit but do not peel or core it. Place in an open shallow stewpan, pour in the water, add the sugar and cloves, and simmer very gently until the fruit is tender, turning occasionally so that it will not burst. Do not cover. Transfer to a serving dish, pour over the syrup which when cold should form a jelly, and serve very cold with plain or whipped cream or custard.

Baked Bananas or Plantains

Wash the fruit, cut off the ends, and pull down a strip of the skin so the fruit is exposed. Sprinkle with lemon juice and a little sugar, dot with butter, and bake for about twenty minutes in a moderate oven—350 degrees F. Serve from the skins.

Fried Bananas or Plantains

Remove the skins, cut the fruit in halves, then in quarters; dust lightly with sugar, roll in flour, and brown in butter.

Bananas or Plantains Baked with Meat

Remove the skins, cut the fruit in halves cross-wise, and bake in the pan with any roast meat of mild flavour, as lamb, veal, veal loaf, etc.

Cranberry Jelly

4 cupfuls cranberries
1 cupful water
2 cupfuls sugar

Put cranberries through the food chopper, add the water, bring to boiling point, and cook ten minutes. Stir in the sugar and cook ten minutes longer. Then pour into a mould rinsed with cold water and let stand until stiffened.

Cranberry Sauce

1 quart cranberries
2 cupfuls boiling water
2 cupfuls sugar
$\frac{1}{8}$ teaspoonful salt

Wash and pick over the cranberries; boil the water, sugar, and salt together for five minutes, add the berries, and cook uncovered, without stirring, until transparent, five minutes of rapid cooking usually being sufficient. Skim and cool.

Pineapple Surprise

1 cupful heavy cream
12 marshmallows
$1\frac{1}{2}$ cupfuls canned diced pineapple
Maraschino syrup

Whip the cream until stiff, then stir in the marshmallows cut in quarters, add the pineapple, chill, and serve in sherbet glasses, pouring a teaspoonful of maraschino syrup over each service.

Banuti

6 medium-sized bananas
$1\frac{1}{2}$ tablespoonfuls lemon juice
3 tablespoonfuls sugar
1 cupful finely chopped nut meats
1 cupful whipped cream

Peel the bananas and scrape with a silver knife, then mash with a fork. Beat in the lemon juice and sugar, stir in the nuts and half the whipped cream. Turn into sherbet glasses, pile the remaining cream over the top, and chill thoroughly before serving.

Rhubarb Cream

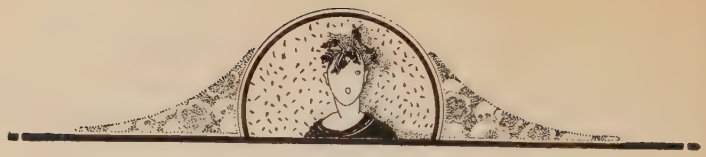
12 stalks young rhubarb
Grated rind and juice of 1 lemon
3 cloves
One-inch stick of cinnamon
$1\frac{1}{2}$ cupfuls sugar
$1\frac{1}{2}$ cupfuls whipped cream

Wipe the rhubarb and cut in inch lengths (if young and tender do not peel as the pink skin will give a pretty colour). Add the lemon rind and juice, cloves and cinnamon, and cook gently until the juice of the rhubarb flows freely. Add the sugar and continue to cook until reduced to a thick marmalade. Cool, fold in the whipped cream, and serve in sherbet glasses or piled on thin slices of sponge cake.

The Cooking of Dried Fruits

Dried fruits may be baked or stewed, the preliminary preparation being the same in either case. Wash the fruit thoroughly, then place in a saucepan, baking pan, or casserole with four times the bulk of water and allow to stand overnight. In the morning, cook very slowly for two and one-half hours, using the same water and adding sugar during the last half hour of cooking, the quantity depending on the fruit used. Sweet prunes need no sugar; sour prunes, three-fourths cupful to the pound; figs, no sugar, or at most one-half cupful to the pound; pears, three-fourths cupful; and apricots and peaches, one cupful. Any one may be flavoured with lemon or orange rind or juice; prunes, peaches, and apricots are good with nutmeg, and pears with ginger.

If the oven is in use for other cooking, bake the dried fruit. It would not, however, be economy to heat the oven for this one purpose, but the thoughtful home-maker will undoubtedly plan her menu so as to make full use of the oven, baking beans, rice pudding, and some other slow-cooking dish at the same time that the fruit is cooking. The heat should not exceed 300 degrees F.



Breakfast and Divorce

THE HUSBAND

Breakfast late—half cooked.
Coffee cold.
Wife in curlers.
Baby crying.
Last night's things strewn about to-day's room.
Mail—bills.
Missed the train.
Late for business.
Headache.
Lost the contract.
Didn't get the raise.

BABY

Has the croup.

THE WIFE

"If Jim would only help—
Or get up earlier.
Ashamed of my looks.
If I could only have his confidence and an allowance
I'd fix the bills."

Breakfast—Incompatibility—Divorce!

CHAPTER XXV

DESSERT SAUCES

(All measurements are level)

THE choice of the right sauce for the dessert depends upon two things—the dessert itself and the remainder of the meal. A safe rule to follow is that a very rich dessert should have a comparatively simple sauce, and if it seems to need a very rich sauce, as English plum pudding, which is often served with hard sauce, a simple liquid sauce should also be provided so that less hard sauce will be required. Often the dessert sauce can add the point of interest to a meal. For example: a dinner built around fish would seem very flat if cottage pudding with chocolate sauce were chosen as the last course. On the other hand, if the pudding were served with lemon sauce, the meal would be properly harmonized.

The following suggestions may be of help in choosing the right sauce for certain desserts:

Desserts containing fruits—With few exceptions only fruit, cream, or custard sauces, or sauces highly flavoured with spice should be chosen.

Steamed and Baked Puddings—Serve with liquid sauce, and also with well-sweetened whipped cream, or hard sauce. The flavours of the two sauces should harmonize. A chocolate or vanilla sauce should never be selected when the pudding contains a fruit flavour.

Cereal Desserts—If the dessert is highly flavoured, a plain sauce, such as custard, whipped or plain cream, or foamy sauce may be chosen.

Custard Desserts—If these are flavoured with a fruit extract or juice, the combining sauce must harmonize; if flavoured with vanilla, caramel, butterscotch, chocolate or fudge sauce may be used. It is really only instinct and study of the value of flavours combined that can teach any one

how to harmonize sauces with foods in such a way as to balance æsthetically a menu.

Caramel Sauce

1¼ cupfuls sugar
2¼ cupfuls boiling water
½ tablespoonful butter
1 tablespoonful cornstarch
Few grains salt
½ teaspoonful vanilla

Caramelize the sugar in a small frying pan. When it is nearly all liquefied and the colour of maple syrup, add the water, boil until the sugar is dissolved, then thicken with the cornstarch and butter creamed together. Add the vanilla and salt and use hot or cold.

Jelly Sauce

To one glass of jelly add one-third cupful boiling water, melt, and use hot or cold.

Fudge Sauce

2 cupfuls sugar
2 squares (ounces) chocolate
¾ tablespoonful butter
¾ cupful milk
½ teaspoonful vanilla
Few grains salt

Combine the ingredients, except the vanilla, in saucepan, stir until the sugar is dissolved, then cook gently until the mixture thickens and sticks together when a little is tried in cold water—230 degrees F. Add the vanilla, cool, beat, but not until creamy, and use. If it should seem too thick dilute with a little cream or undiluted evaporated milk.

Liquid Sauce from Fruit Peelings

When fruit dumplings or fruit rolls are made, or when fruit is being stewed and it is necessary to provide a liquid fruit sauce, this can often be made from the peelings.

To from one to two cupfuls of peelings add one and three-fourths cupfuls of cold water, bring to boiling point, cook for about twenty minutes, then strain. There should be one and one-half cupfuls of liquid; thicken with one and one-half tablespoonfuls cornstarch blended with one tablespoonful butter and a half cupful of sugar. Add a few grains of salt and a little nutmeg or lemon juice for additional flavouring, according to requirements.

Liquid Sauce from Canned or Stewed Fruit Juices

Oftentimes a good sauce can be made from left-over canned or stewed fruit juices. One kind alone may be used, or two or three may be combined. Make as described above, beginning with the thickening process. The amount of sugar to be added depends upon the acidity of the fruit juice.

Custard Sauce

1½ cupfuls milk
3 egg yolks
⅓ cupful sugar
Few grains salt
½ teaspoonful dessert flavouring

Scald the milk in a double boiler top, stir in the egg yolks beaten with the sugar, and cook until the mixture coats the spoon, stirring constantly. Then add the salt and flavouring, beat well, and chill.

Nutmeg Sauce

1¼ cupfuls boiling water
¾ cupful sugar
1¼ tablespoonfuls flour
1 tablespoonful butter
Few grains salt
½ teaspoonful nutmeg

Thoroughly blend the sugar, flour, and salt in a small saucepan. Pour in the boiling water, stir constantly, add the butter, and boil for five minutes. Add the nutmeg and serve hot.

Lemon Sauce

Prepare as directed above, omitting the nutmeg, and adding one and one-half tablespoonfuls lemon juice and the grated rind of a quarter of a lemon.

Coffee Butterscotch Sauce

1 cupful sugar
1 cupful left-over coffee
1 tablespoonful butter
¼ teaspoonful salt
¼ teaspoonful vanilla

Boil the sugar, coffee, salt, and butter together for five minutes. Cool, add the vanilla, and serve.

Marshmallow Fruit Sauce

3 tablespoonfuls marshmallow cream
1 tablespoonful boiling water
¾ cupful crushed strawberries or other fruit or fruit sauce

Soften the cream with the boiling water; add the fruit, beat thoroughly, and serve.

Marshmallow Cream Sauce

Any of the hot liquid sauces given in this book may be made into foamy sauces with a marshmallow effect by beating them, after cooking, into two tablespoonfuls of marshmallow cream.

Butterscotch Sauce

1½ cupfuls granulated sugar
4 tablespoonfuls white sugar syrup
¾ cupful boiling water
1¼ tablespoonfuls butter
6 tablespoonfuls boiling water
¾ teaspoonful vanilla

Combine the sugar, syrup, and three-fourths cupfuls of water and boil until a little rattles against the cup when tried in cold water. Remove from the heat, beat in the remaining ingredients, colour light yellow with vegetable colouring, if desired, and serve hot or cold, on ice cream, as a pudding sauce, or with butterscotch meringues.

Lemon Butter Sauce

3 tablespoonfuls powdered sugar
Grated rind and juice of 1 lemon
2 tablespoonfuls butter
2 well-beaten eggs
½ cupful boiling water

Put the sugar, lemon rind, and juice and the butter into the upper part of a double boiler and allow them to heat together. Beat and add the eggs, add also the boiling water, and stir until the sauce thickens. Serve either hot or cold.

Chocolate Sauce

¾ cupful milk
¾ cupful boiling water
½ cupful sugar
⅓ cupful cocoa
1½ tablespoonfuls flour
½ cupful cold water
Few grains salt
½ teaspoonful vanilla
1 tablespoonful butter

Add the sugar to the boiling water, boil for three minutes, and add the milk. Combine the cocoa, butter, and flour. Add the cold water and stir into the first mixture. Bring to boiling point and boil for three minutes, stirring constantly. Then add the vanilla and serve hot or cold.

If desired, this may be poured hot on to six or eight halved marshmallows. Use with sponge cake, as a pudding, as a sauce with cottage pudding, ice cream, plain bread pudding, or plain rice pudding.

Molasses Sauce

1 cupful molasses
1 tablespoonful lemon juice
2 tablespoonfuls butter
$\frac{1}{8}$ teaspoonful salt
1 egg

Simmer the molasses for fifteen minutes or until quite thick, add the lemon juice, butter, and salt, and pour the mixture over the well-beaten egg, beating while pouring; then cook three minutes in a double boiler, stirring constantly.

Foamy Sauce

2 tablespoonfuls butter
$\frac{1}{3}$ cupful powdered sugar
2 eggs
3 tablespoonfuls boiling water
Sherry flavouring to taste according to kind used

Cream the butter, add the sugar, then the yolks of the eggs well beaten, and next the whites of the eggs, beaten until stiff. Add the boiling water and cook all together over hot water (double boiler) until the sauce thickens, stirring constantly. Cool and flavour.

Maple Sauce

$\frac{1}{2}$ cupful maple syrup
Yolks of 2 eggs
$\frac{2}{3}$ cupful whipped cream
$\frac{1}{8}$ teaspoonful salt

Scald the maple syrup in a double boiler, pour it over the well-beaten yolks of eggs, add the salt, return to the double boiler, and cook until thick. Cool, then beat in the whipped cream.

Silver Sauce

2 cupfuls cold water
1 tablespoonful butter
$\frac{1}{2}$ cupful sugar
1 tablespoonful cornstarch
1 inch of stick cinnamon or a 2-inch strip of lemon rind
$\frac{1}{4}$ teaspoonful salt

Bring the water, butter, sugar, and cinnamon or lemon rind together to boiling point. Pour them over the cornstarch and salt which have been moistened with a very little cold water. Return to the saucepan and simmer for fifteen minutes. Remove the cinnamon or lemon rind before using.

If desired foamy, the sauce may be poured over the white of an egg which has been beaten until stiff.

Sunshine Sauce

¼ cupful butter
¼ cupful confectioners' sugar
1½ cupfuls light cream or top milk
3 eggs
1 teaspoonful vanilla or orange extract

Cream the butter and sugar together until light, add the eggs, well beaten. Scald the cream or top milk and pour it over the first mixture, beating while pouring. Cook over hot water (double boiler) until thick, cool slightly, and add the flavouring. Serve hot as a sauce for hot puddings, or chill for service with plain ice cream.

Nun's Butter

3 tablespoonfuls butter
1 cupful powdered sugar
2 tablespoonfuls thick cream
⅛ teaspoonful vanilla extract

Beat the butter to a cream, add the sugar, beating it in thoroughly, then work in the cream a teaspoonful at a time. Last of all add the vanilla and serve as a sauce for hot puddings.

Lemon Banana Sauce

½ cupful butter
1 cupful confectioners' sugar
Grated rind ½ lemon
1 banana
1 teaspoonful lemon juice

Beat the butter and sugar together until light and creamy, add the lemon rind and juice, and lastly the banana, which has been crushed to a pulp with a silver fork. Whip all thoroughly together and chill before using.

Peach Cream Sauce

1 cupful pulp from fresh or canned peaches
2 to 4 tablespoonfuls powdered sugar
⅔ cupful whipped cream
⅙ teaspoonful almond flavouring

If fresh peaches are used peel them, then press through a sieve; if using canned ones, drain them from their syrup and press through a sieve. Add the sugar and flavouring and when the sugar is dissolved fold in the cream which has been beaten until stiff.

Coffee Sauce

1½ cupfuls milk
2 tablespoonfuls finely ground coffee
2 tablespoonfuls cornstarch
2 tablespoonfuls sugar
⅙ teaspoonful salt
½ cupful cooked chestnuts

Scald the milk and coffee together, then strain through cheesecloth on to the cornstarch which has been moistened with a very little additional cold milk. Return to the double boiler and cook for ten minutes, adding the sugar and salt. Press the chestnuts through a coarse sieve or chop them very fine and add to the sauce just before serving.

If a richer sauce is desired, thicken with two well-beaten eggs in place of the cornstarch.

Hard Sauce

½ cupful butter 2 cupfuls powdered sugar
3 teaspoonfuls boiling water

Cream the butter, add the sugar gradually, beating it into the butter. Add the boiling water a teaspoonful at a time and beat it vigorously into the sauce. Pile in a dish and set aside to chill before using.

Spicy Hard Sauce

Add to the above recipe one-eighth teaspoonful of powdered cinnamon, one-eighth teaspoonful of ground ginger, and a slight grating of nutmeg.

Chocolate Hard Sauce

Reduce the quantity of butter used in the above recipe to one-third cupful and add three tablespoonfuls of melted chocolate.

Maraschino Hard Sauce

Add to the above recipe in place of the water three teaspoonfuls of syrup from maraschino cherries, and when the sauce is thoroughly creamed, add two tablespoonfuls of coarsely chopped maraschino cherries.

Orange Marmalade Hard Sauce

Work into the above recipe while beating two tablespoonfuls of orange marmalade.

Strawberry Hard Sauce

Add to the above recipe four large or six small thoroughly ripe crushed strawberries.

Peach Hard Sauce

Add to the above recipe two tablespoonfuls of fresh or cooked peach pulp passed through a sieve.

Walnut Hard Sauce

Add to the above recipe two tablespoonfuls of finely chopped walnut meats.

Ginger Hard Sauce

Add to the above recipe in place of the water two teaspoonfuls of syrup from preserved ginger and two tablespoonfuls of ginger itself cut fine.

Apple Egg Sauce

1 egg white
3 tablespoonfuls powdered sugar
½ cupful grated apple pulp
6 drops orange extract

Beat the egg white and powdered sugar together until they begin to stiffen. Add the apple gradually and continue beating until fluffy. Add the flavouring with the last of the apple.

Strawberry Egg Sauce

Substitute one-half cupful of crushed strawberry pulp for the grated apple and a few drops of lemon juice for the orange extract in the above recipe.

Peach Egg Sauce

Substitute one-half cupful of crushed peach pulp (canned or fresh) for the grated apple and a few drops of almond extract for the orange extract in the above recipe.

Grapejuice Sauce

1 cupful grape juice
2 teaspoonfuls lemon juice
⅛ teaspoonful salt
2 teaspoonfuls cornstarch
2 tablespoonfuls cold water

Scald the grapejuice and lemon juice together, moisten the cornstarch and salt with the cold water, add it to the scalding juice and cook for three minutes, stirring constantly. A little sugar may be added if desired—this will depend upon the acidity of the grapejuice.

WHIPPED CREAM

Only heavy or double cream should be used for whipping. Chill the cream, pour in a deep utensil so that it will not spatter, and beat slowly and steadily with a rotary eggbeater until the cream begins to thicken. Then add one-fourth cupful powdered sugar to each cupful, or half pint, of cream, together with one-fourth teaspoonful of any flavouring extract. Beat until the cream holds its shape when the eggbeater is raised. Cream beaten in this way may be used in the pastry bag and tube.

If the cream, however, is not to be used for decorative purposes, but is to be heaped onto a jelly, chocolate cake, or what not, it may easily be diluted with one-fourth cupful of milk to a cupful or half pint of cream. This should be added before the beating begins.

To Prepare Whipped Cream for Standing, with Marshmallow Cream

If whipped cream is to be kept only a few hours add to each half pint of heavy cream, while beating, two tablespoonfuls of marshmallow cream. Omit the sugar, and flavour as desired.

With Gelatine

If whipped cream is to stand any length of time, as on whipped-cream cake or in a charlotte, it is necessary to add gelatine. To do this, let a teaspoonful of gelatine stand in cold water to cover for five minutes. Place this over boiling water, and when liquefied, stir into a cupful, or half pint, of heavy cream while it is being whipped, adding the sugar and flavouring as previously directed.

Whipped Cream with Honey

While beating, flavour a cupful of heavy cream with one-fourth cupful of honey and a half tablespoonful lemon juice.

Chocolate Whipped Cream

While beating, flavour a cupful of heavy cream with one square (ounce) of chocolate melted, add one-third cupful of powdered sugar and one-fourth teaspoonful vanilla.

Mocha Whipped Cream

To a cupful, or half pint, of heavy cream, while beating, add one-fourth cupful of very strong coffee which has been chilled. Sweeten with one-third cupful of sugar and add a few drops of vanilla.

Whipped Evaporated Milk

It is possible to whip evaporated milk, and to use it, in many cases, in place of whipped cream.

It is not so rich because it is really concentrated milk, and therefore does not have the same fat content as cream. It contains, also, more water; because of this, it never has the same velvety consistency as heavy cream. However, if a good brand is chosen, whipped evaporated milk may be used as a sauce with many desserts, may be substituted for plain cream in Bavarians which are as distinctly flavoured as strawberry, or may be used as an accompaniment to hot or iced chocolate, and in many other ways. It should be well sweetened, a few grains of salt should be added, and twice as much flavouring as for ordinary whipped cream.

To Whip Evaporated Milk

Preferably, use a small can of the milk, place it in cold water to cover, bring to boiling point, and boil three minutes. Chill at once by putting it next the ice or in ice water; then pour into a deep receptacle and beat slowly and steadily with a rotary eggbeater until it begins to thicken; then add the sugar and flavouring. Do not dilute with any milk, strong coffee, or anything that will thin the mixture.

The Frost on the Pumpkin Vine

When the leaves are crackly
And the chestnuts on the ground
When the frost is glistening
On the grass and the corn I helped to stack
Then—oh—then—is pumpkin time.

Time for pumpkin Jack-o'-Lanterns
Devil's fiddles—Hallowe'en—
Cider in the cellar barrel.

Then I go to visit Grandma
'Course *she* never was a Boy
But she knows a feller's feelings—
Knows that pumpkins have a reason
More than Harvest decorations for the service at the church—
More than funny Jack-o'-Lanterns.

For a fellow helps in planting
Husks the corn and feeds the chickens
Thinking—just a-thinking—of the pumpkin pies to come.

CHAPTER XXVI

PIES AND PIE-MAKING

(All measurements are level)

IT HAS taken the United States to make pie famous. Our two-crust pies with their sweet rich fillings of innumerable combinations, it might be said, are indigenous only here.

No doubt, as a nation, we have possibly eaten too much pie, but I would be a little radical and say that there is another explanation of the pasty complexions in sections where large numbers of pies are consumed—they are introduced into the diet irrespective of their real place in the menu.

Pie crust itself is made up of some sort of fat, flour, salt, and water. A comparatively small amount of fat—approximately one-fourth cupful or four tablespoonfuls—is sufficient to shorten a cupful of flour which is enough to use in making up a one-crust pie large enough to serve six. This makes the amount of fat allowed to each serving about two-thirds of a tablespoonful, not as much as would be contained in an ordinary steamed pudding, or fried potatoes. But, it may be argued, the fat and the starch of the flour are so thoroughly welded that digestion is delayed when pie is eaten. Although this is probably true, it is no more so than when eggs are fried, croquettes are served, or cake is eaten.

Pie has not been introduced properly into the menu. Every meal, to balance, must have, as we have learned, a certain amount of protein, a certain number of starches, certain fats, acids, bulky and liquid foods. Pie, through the crust, introduces one of the fats. In the menu, when it is used, only one other fat should appear. If a fruit filling is used, it will add the acid needed. As pie contains sugar, only one other sweet should be used. If a more substantial filling is used, as mincemeat made with meat; cottage cheese and egg filling; or a plain custard or pumpkin or squash cus-

tard filling, the pie then acts as the protein or muscle-making food, or may be used to supplement a meal otherwise deficient in this constituent.

In other words, pie has a definite place, and when properly made and introduced, will not upset the digestion of any normal person.

The Difference Between Pie Crust and Pastry

While pie crust and pastry belong to the same family, the former is always used as the container, or background, for a definite filling; pastry takes several different forms which are treated in this book in the section on pastry.

The pastry used in making meat pies, rissoles, and other savoury dishes calling for meat will be found in its logical place in the section on Meats.

Pies are so typically American and so distinctly a food in themselves, that I felt they needed special treatment and explanation, irrespective of other pastries.

Materials Used in Making Pie Crust

The Flour

Either bread or pastry flour may be used in making pie crust; better results are obtained when pastry flour is used, as it contains less gluten; because of this, a smaller amount of shortening is required. However, good pie crust can be made with bread flour if a larger amount of shortening is used. It is an economy to use pastry flour, as flour costs less than shortening, and at the same time a more flaky result is obtained.

Shortening or Fat

Pie crust may be shortened with various kinds of fat. Butter is least desirable, for it contains less shortening or sheer fat per pound than any of the other fats in common use except margarine. Pure lard gives a good result, making a pie crust that is very short and crumbly. The best results are gained by the use of a good vegetable shortening, preferably solidified, as this can be worked into the flour in such a way as to produce a firm, tender, and very flaky crust. Good pie crust can be made with liquid vegetable oil, but the

result is more like that when lard is used. Home-rendered drippings, not too hard, can also be used if they are not flavoured in any way and are not burned during the trying-out process.

The Liquid

Pie crust can be made in two ways, either by keeping it extremely cold and using cold or ice water for the moistening, or by making it in a diametrically different way with boiling water as the moistening agent. Either method means good results.

Using Baking Powder in Pastry

The use of baking powder in pie-crust making has been widely discussed. If the novice is making pie crust and is not used to the quick manipulation of the dough which incorporates the necessary amount of air to make it rise, and therefore "flake," the use of a very small amount of baking powder, not more than $\frac{1}{3}$ teaspoonful to a cupful of flour, will undoubtedly make the pie crust a little more light; at the same time it produces a slightly "bready" texture.

Choosing the Pie Crust

Several recipes for the making of pie crust are given in this book, none of them are complicated. It is not necessary for pie-making to be difficult, it is really one of our simplest forms of cookery, success depending upon three things:

1. Confidence in one's ability to make pies.
2. Quick, light handling of the pie-crust dough.
3. The proper baking.

Any one of these recipes give practically the same result. I would suggest that the novice select the hot-water pie crust, however, as it is a little easier to manipulate.

Manipulating Pie Crust After Mixing

The type of fat used determines the way in which the pie-crust dough is put together; however this is done, the rolling process is nearly always the same. The dough must be kept as dry as possible; use little flour in the rolling as, otherwise, too much will be worked in and the crust will be tough. A

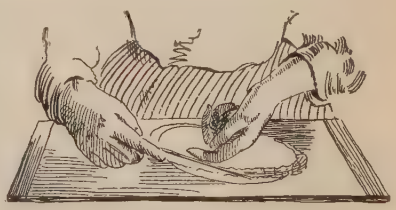
"magic cover" for the board and rolling pin make possible the use of very little flour.

The crust must be rolled to one-eighth inch thickness. The reason why it is sometimes rolled, then folded in thirds, the edges being pressed together, and then rolled again, is to incorporate air to make it rise or become light. If it is to be made very rich, this is accomplished by dotting extra shortening over the surface of the rolled crust to within one inch of the edge; the dough is then folded over in thirds, the edges being pressed together, and gently rolled out so that the shortening will not crush through the crust, but will be gently spread by the motion of the rolling pin between the layers. Always. in working extra shortening in by this method, press the dough gently down and out in the centre, and commence to roll gently outward in all directions; then the shortening will not seep through.

Putting Pies Together

Dust the pie plate with flour or oil it lightly. Roll the crust to one-eighth inch thickness and lay it loosely on the plate; in other words, do not stretch, as it will break in baking. Fit to the plate, and, unless it is to be built up, fluted, or crimped, cut off with the scissors.

To prepare the top crust, roll to one-eighth inch thickness, fold over in quarters, and cut with a sharp knife, in a Christmas tree or any desired design. This slashes the crust so that the steam can escape—a partial prevention against sogginess. Quickly put in the filling, which should be already mixed and should not be hot, as this would melt the fat in the crust and make it soggy. Rub the edge of the lower crust with a little cold water, lay on the top crust, being careful not to make it too tight, and neatly crimp the edges of the pie together with the thumb, old-fashioned style, or press them together with a fork.



Building up the edges of a pie

Brush the top of the pie with milk to obtain a very brown

result, or dot it sparingly with a little butter (a half tablespoonful is enough), to obtain an old-fashioned flaky appearance.

To keep the juice from running out of fruit pies, bind the edges with a one-inch wide strip of cotton cloth which has been dipped in milk.

In making custard, squash, or pumpkin pie, the edges of the pie should be built up. This may be done as follows:

In trimming the crust, leave one inch beyond the edge, fold this over and then build up by means of the hands, pinching it together to form an extension about a half-inch high.

The Baking of Pies

Raw Fruit Pies

Apple and other pies of this type, medium thick, with two crusts, should be baked from thirty-five to forty minutes in a hot oven—375 degrees F.

Thick Fruit Pies

Pies of this nature, as thick again as the ordinary pies, should be baked from forty to fifty minutes in an oven heated to 375 degrees F. for the first fifteen minutes, then moderated to 350 degrees F. for the remaining time.

Pies with Cooked Fruit Fillings

Pies filled with apple sauce, canned fruit, etc., made rather thin, should be baked twenty-five to thirty minutes in a hot oven—375 degrees F.

Mince Pies

Bake as directed for pies with cooked-fruit fillings.

Custard Pie

All pies made with an uncooked custard should be baked from forty to fifty minutes in an oven heated to 375 degrees F. for the first fifteen minutes, then moderated to 350 degrees F. for the remaining time. When done, the lower crust should be brown and firm and the pie filling solidified so that a knife, when inserted, comes out clean.

Squash Pie

All pies containing squash, pumpkin, sweet potato, or any other semi-custard mixture, should be baked as directed for custard pie.

Meringue Pie

Pies topped with any of the meringues given in this book should be baked after the meringue is spread on for ten minutes in a slow oven—325 degrees F.—to set the eggs and brown the top.

Baking Pie Crust Shells

In making lemon, cooked cream, and certain other pies, it is necessary first to bake the pie shell. This is also sometimes done in the making of individual pies, known as tartlets or fanchonettes. Use either one of two methods:

1. Put the pie crust in the plate or individual pan as described, then fill the centre with dried beans or rice and bake the shell about twelve to fifteen minutes in a hot oven—375 degrees F. The filling keeps the crust from caving in.

2. Invert the plate or individual pans (for individual service, round muffin pans may be used) fit the rolled-out pie crust over these, prick well about the edges and occasionally over the surface to allow excess air to escape, and bake in a hot oven—375 degrees F.—for about twelve minutes.

To Keep Pie Crust Shells

These shells may be made several at a time; keep in a tightly closed tin box, warm in the oven to freshen. They will keep for a week or two.

Decorating Pies

A plain, perfectly made pie is really sufficiently attractive. But if an open-faced pie is made and an elaborate effect is desired, a certain amount of decoration may be used to advantage. American or dairy cheese may be grated over mince or apple pie. Any pie may be made with a criss-cross or lattice top instead of a solid plain top, as may individual fruit pies.

To make this lattice work, the pie crust should be cut in

strips one-fourth inch wide; these should then be rolled and placed criss-cross fashion, not too taut, over the pie.

Another method of decorating an open-faced fruit or cream pie is to place upon its surface figures cut from the pie crust, then baked, as diamonds, rounds, etc. Or decorate with a fruit whip merely heaped on it.

If whipped cream is used, as is sometimes done on an open-faced or cream pie, it may be put on by means of a pastry bag and tube.

Sometimes to decorate further a plain pie with two crusts, leaves or figures are cut from the crust and placed in an attractive design in the centre of the pie before it is baked.

If a meringue is used, it should be heaped fluffily on the pie or else put on with the pastry bag and tube (see section on Meringues). Sometimes either a meringue or whipped cream is put on this way in circles, the intermediary spaces being filled with sliced bananas, halved strawberries, large raspberries, whole raisins which have been softened in syrup, or some other fruit which harmonizes with the pie filling.

Hot-Water Pie Crust

1 cupful pastry flour
¼ cupful solidified vegetable fat or lard
½ teaspoonful salt
¼ teaspoonful baking powder
3 tablespoonfuls boiling water

Sift together the dry ingredients and cut in the fat with a knife, keeping the mixture flaky. Then add the boiling water and cool before rolling.

Short-Cut Pie Crust

3 tablespoonfuls vegetable oil
1 cupful pastry flour
⅓ teaspoonful salt
2 teaspoonfuls cold water

Sift the flour and salt in a mixing bowl, stir in the oil and water, mix thoroughly, turn on to a slightly floured board, and roll out.

Rich Pie Crust

2½ cupfuls pastry flour
1 cupful lard or solidified vegetable fat
½ teaspoonful salt
Ice water

Put the shortening and the sifted flour in a chopping bowl; use a chopping knife until they are thoroughly blended; heap the mixture, make a well or hole in the centre, and add

sufficient ice water—about two-thirds cupful—to make a firm dough; dust lightly with flour and roll as directed. Because this pie crust contains more shortening, less water will be needed in proportion to the amount of flour.

Flaky Pie Crust

Make up rich pie crust or hot-water pastry, dotting the surface when rolling it out with two tablespoonfuls of butter or solidified vegetable fat (see directions for rolling pie crust).

Cheese Pie Crust with Cream or Cottage Cheese

Follow the recipe for rich pie crust, substituting for half of the shortening cream or rich cottage cheese. This is a Hungarian recipe, and the crust may be used for any kind of a pie.

Pie Crust with American Cheese

This crust may be used with mince or apple or any pie served with cheese. It is usual to put the cheese crust only on top, leaving the bottom crust plain.

To make it, add to half the recipe for hot-water pastry one-third cupful of highly flavoured grated American cheese, or add to half the recipe for rich pastry one-half cupful of grated American cheese, rolling it in or adding it with the shortening.

Making Pie Crust in Quantity

A recipe calling for a cupful of flour is sufficient to make a large one-crust pie with the crust built up, or a small two-crust pie. It saves time and energy to make crust in quantity sufficient for three or four pies. To keep pie crust, roll that which remains to one-fourth inch thickness, dust it sparingly with flour, roll it up, wrap in waxed paper and keep in a cool place. It will be good for a week or two.

Using up Odds and Ends of Pie Crust

The remnants of pie crust may be used in the making of cheese straws, tarts, tiny turnovers, or they may be cut in diamond or fancy shapes, baked, and used as a garnish to various meat dishes.

Cheese Straws from Left-over Pie Crust

Roll the pastry to one-fourth inch thickness, sprinkle thickly almost to the edge with highly flavoured American cheese grated. Fold over, roll again, and still another time, then cut in strips about four inches long and a scant half-inch wide, dust with paprika, and bake in a quick oven—375 degrees F.

Tarts from Left-over Pie Crust

Use small fancy patty pans, line with the pie crust, fill with jam, jelly, or conserve, put criss-cross strips over the top if desired, and bake in a hot oven—375 degrees F.

Or, to make plain round tarts, roll the crust to an eighth-inch thickness, cut in rounds about two inches in diameter, brush about the edges with cold water, then lay on one or two hollow rings of pie crust, or place a strip of pie crust one-fourth inch thick about the edge. The centres may be filled with jam, jelly, or conserve, and the tarts should be baked as directed.

Turnovers

Roll the pie crust to one-eighth inch thickness, then cut into rounds about four inches in diameter. On each place a tablespoonful of rich apple sauce, jam, conserve, or preserves, moisten the edges with cold water, and fold together to form a half moon. Crimp together with thumb and fingers, or press with a fork, brush with milk, and bake in a hot oven—375 degrees F.—for about fifteen minutes.

Eccles Cakes

Trimmings of left-over pie crust
⅓ cupful sugar
⅔ cupful crackers, crushed
¼ cupful mixed candied peel
The grated rind of one-half lemon
A grating of nutmeg
1 tablespoonful grapejuice or water

Roll the pastry thin and cut it into rounds the size of a saucer. Blend the other ingredients thoroughly, put a spoonful of the mixture into the centre of each round, wet the edges and gather together over the fruit. Roll out, smooth side uppermost, on a floured board, cut two or three gashes in the top crust to allow the filling to show through, brush over with

milk, sprinkle with granulated sugar, and bake about ten minutes in a moderately hot oven—350–375 degrees F.

Sweethearts

Fragments of pie crust
1 cupful confectioner's sugar
½ cupful chopped raisins
1 tablespoonful lemon juice
Water

Roll the pie crust thin, cut into heart shapes, and bake in a quick oven—375–400 degrees F.—about six or seven minutes. Cool, then put together with a frosting made by moistening the sugar with the lemon juice and a little water and adding the chopped raisins.

FRUIT PIES

Fruit pies may be made of raw, canned, fresh stewed, or stewed dried fruit. In case a fruit is very expensive, as raspberries, combine with a less expensive fruit, as rhubarb; or raisins may be combined with apples, cranberries with apples, and so on. Almost any kind of fruit is adapted to pie-making. However, during the fresh-fruit season, when strawberries, raspberries, and peaches are at their height of deliciousness, it seems a gastronomic mistake to bake them in pies, a better method being to put the sweetened fresh fruit in individual or in large pie-crust shells just before serving time, heaping with sweetened whipped cream or a fruit whip.

Uncooked Fruit Pies

Various fruits which may be used in this way are strawberries, peaches, raspberries, black caps, blackberries, fresh apricots, shredded fresh pineapple.

Any one of them should be sweetened, the fruit may be piled directly into the baked shell, or a thin layer of cooked cream filling may be first put in, the fruit being piled on top of that.

For suggestive fruit whips, which may be used as toppings, see section on Desserts.

Cooked-Fruit Pies

The method of making cooked-fruit pies is always the same. If the fruit is large, it should be washed, peeled, and sliced. If small, as berries, they should be picked over. The sweetening should be mixed with the fruit, any spices or flavour-

ing being added; then the crust should be prepared as in the general directions. Strew over the lower crust two tablespoonfuls of very fine cracker crumbs, or dust with a scant tablespoonful of flour; put in the fruit, add three tablespoonfuls of cold water, unless the fruit is very juicy, put on the top crust, dust with granulated sugar, and bake as directed.

Fresh Apple Pie

Slice the apples thin, allowing to a pint three-fourths cupful of granulated sugar, and if desired, a third of a teapoonful of nutmeg, cinnamon, or the juice and rind of half a lemon. Proceed as in general directions for cooked-fruit pies.

Fresh Rhubarb Pie No. 1

Do not remove the skin unless the rhubarb is old. Cut in dice; to a pint of rhubarb add one and one-third cupfuls of sugar, a few grains of salt, half a tablespoonful of butter, and either two tablespoonfuls of flour, one-third cupful of fine cracker crumbs, or an egg. Combine the ingredients and proceed as for apple pie.

Fresh Rhubarb Pie No. 2

Combine three cupfuls diced rhubarb, one and one-half cupfuls sugar, the rind and juice of half a lemon, and one tablespoonful quick-cooking tapioca. Proceed as for apple pie.

Fresh Peach or Apricot Pie

Combine one pint sliced peaches or apricots with three-fourths to one cupful of sugar, according to tartness, and a little nutmeg. Proceed as for apple pie.

Fresh Plum Pie

Pit the plums, and if the skins are very tough, remove them. Cut in halves and to each pint add from three-fourths to one cupful of sugar, a few grains of salt, a teaspoonful of butter, and proceed as for apple pie.

Fresh Blueberry or Huckleberry Pie

Combine three cupfuls of blueberries or huckleberries with two-thirds to one cupful of sugar, according to tartness, a

half tablespoonful of butter, and one-fourth teaspoonful cinnamon or nutmeg; finish as directed.

Fresh Blackberry Pie

Observe the proportions and directions for blueberry pie.

Fresh Pineapple Pie

To a pint of diced or shredded fresh pineapple add one and one-third cupfuls sugar, a half tablespoonful of lemon juice, two eggs, and proceed as for cooked-fruit pies.

Fresh Pineapple and Rhubarb Pie

Observe the recipe for fresh pineapple pie, using a cupful each of diced pineapple and rhubarb, or follow any of the rhubarb-pie recipes, using equal parts of pineapple and diced rhubarb.

Fresh Grape Pie

Combine one and one-half cupfuls of seeded Concord grapes, one egg, one and one-third cupfuls of sugar, and finish as directed in cooked-fruit pies. The skins should be used. Wild grapes may be substituted if desired.

Fresh Cherry Pie

To one pint of pitted cherries add one and one-third cupfuls of granulated sugar and finish as directed for cooked-fruit pies.

Quaker Apple Pie

1 pint tart apples quartered
1 cupful brown sugar
1 tablespoonful butter
½ teaspoonful cinnamon
Pie crust

Place the apples on end in one layer in the pie plate which has been lined with crust, cover with the sugar, dot over the butter, add three tablespoonfuls water, put on the top crust, and finish as in general directions for cooked-fruit pies.

Apple Sauce Pie

Line a plate with pie crust, spread on it sufficient well-sweetened plain or baked apple sauce barely to fill it, dust over a little nutmeg, put on the upper crust or finish the pie criss-cross or lattice fashion, and bake as directed.

Peach and Fruit Sauce Pies

Any kind of thick fruit sauce, as peach or plum sauce, may be substituted for the apple sauce in the preceding recipe.

Finishing Fruit Sauce Pies

If an elaborate effect is desired, top the pies with a fruit whip just before serving, or with a meringue, which should be browned.

Cranberry Jelly Pie

1 quart cranberries
1½ cupfuls sugar
1 pint water
Pie crust

Simmer the cranberries in the water until very soft, add the sugar, and while cooling, line a deep plate with the crust, pour in the cranberries, and cover with criss-cross strips of crust, lattice fashion. Bake from twenty-five to thirty minutes in a moderate oven—350 degrees F.

Raisin Pie

1 pound seeded raisins
1½ cupfuls sugar
¼ inch cube green ginger
1 pint water
Juice one lemon
Grated rind of half a lemon
Pie crust

Let the raisins stand in the water for half an hour, then simmer with the lemon rind and ginger, sugar, and a few grains of salt, until they are perfectly tender and the resulting syrup is rich, then add the lemon juice. In the meantime, line a deep plate with pie crust, cool the sauce, dust the lower crust lightly with flour, pour in the raisin mixture, cover with criss-cross strips, and bake from twenty-five to thirty minutes in a moderate oven—350 degrees F.

Prune Pie

Substitute a pound of prunes for the raisins, soaking overnight; remove the pits before they are put on to cook.

Prune and Apricot Pie

Substitute equal parts of prunes and dried apricots for the raisins in the recipe for raisin pie, soaking the two fruits together overnight.

Tutti-Frutti Pie

Substitute equal parts of raisins, dried apricots, and prunes for the raisins in raisin pie, soaking them overnight. Flavour with one-fourth teaspoonful nutmeg and clove.

Sliced Peach Tart

2 cupfuls sliced peeled peaches
⅓ cupful butter or substitute
1 cupful sugar
2 tablespoonfuls milk
¼ teaspoonful salt
2 eggs
½ teaspoonful grated lemon rind
1 cupful flour
½ teaspoonful baking powder
Pie crust

Line a plate with the crust, put in the sliced peaches, and sprinkle over half the sugar. Cream the remaining sugar with the butter, add the eggs, well beaten, milk, and lemon rind, and the flour, salt, and baking powder sifted together. Pour over the peaches and bake in a moderately hot oven—350–375 degrees F.—about half an hour.

If desired, canned peaches may be used in place of fresh, in which case omit the sugar.

Deep-Dish Fruit Pies

Fill a baking dish or shallow casserole with any desired fruit, prepared according to its individual requirements, small fruits being used whole, apples or other larger fruits being peeled and cut into convenient-sized pieces. When the dish is half filled with fruit add sugar to taste (the quantity varying according to the fruit used), cover with more fruit, then pour into the dish one-half cupful of water to a quart of fruit. Cover with plain pie crust, wetting the edges of the dish that the crust may stick to it, and bake in a moderate oven—350–375 degrees F.—about a half an hour.

Suggestive fillings are:

Gooseberries
Blueberries, huckleberries, or blackberries
Raspberries and currants
Apples plain or with plums
Peaches
Grape pulp and peaches
Stewed, dried, or any canned fruit

Individual Deep-Dish Fruit Pies

Prepare as directed in the preceding recipe using small baking dishes or large ramekins; serve with or without a topping of whipped cream.

Mince Pie

One of three kinds of mincemeat may be used for mince pie—mincemeat containing meat, in which case the pie must act as part of the muscle-making portion of the meal; mincemeat made without meat but containing considerable suet, in which case it should act as one of the fats; or green tomato mincemeat, in which case the pie acts as a sweet and also a bulky food.

To put mince pie together, line a plate with pie crust, fill with the mincemeat, which should be cold, and top with a crust or criss-cross strips. If desired, cheese pastry may be used for this purpose. Bake as directed.

Various commercial mincemeats make excellent pies. In most cases, they may be extended and bettered by the addition of one-third their bulk of chopped tart apples. Both the dried and canned mincemeat may be used, care being taken to avoid any that contains benzoate of soda.

Green Tomato Mincemeat

2 pounds green tomatoes
2 pounds chopped apples
1½ pounds chopped raisins
1 pound chopped suet
1½ tablespoonfuls salt
1½ tablespoonfuls ground cinnamon
¾ teaspoonful ground cloves
¾ teaspoonful ground nutmeg
Grated rind and juice of 2 lemons
3½ pounds brown sugar

Wash and dry the tomatoes, chop, and drain thoroughly. Add two cupfuls of water, bring to scalding point, drain, add fresh water, scald, and drain a second time. Then blend with the other ingredients, the apples being peeled and cored before chopping. Simmer together slowly for one hour, cool, and pack into jars, which need not be sealed.

Mincemeat (With Meat)

2 cupfuls chopped apples
2 cupfuls seeded raisins
1 cupful currants
2 cupfuls chopped suet
½ cupful molasses
2 cupfuls cider
2 cupfuls brown sugar
½ teaspoonful cloves
½ teaspoonful ground cinnamon
½ grated nutmeg
A pinch of mace
A teaspoonful salt
2 cupfuls chopped meat
1 cupful grapejuice
Grated rind and juice of 2 lemons

Chop the suet very fine and the apples rather coarse. Cook the suet and all fruits with the cider and molasses for two hours. Add the meat, which may be round steak or beef heart, cooked, and passed through the food chopper; add also the spices, lemon rind and juice, and grapejuice; mix thoroughly and set aside in covered jars in a cool place to ripen before using.

Uncooked English Mincemeat

2 cupfuls currants
2 cupfuls raisins
2 cupfuls brown sugar
3 cupfuls chopped suet
2 cupfuls chopped apples
1 cupful chopped mixed peel
1 teaspoonful grated nutmeg
Grated rind and juice of 2 lemons
1 cupful chopped almonds
½ teaspoonful ground cinnamon
1 teaspoonful ground cloves
1 teaspoonful ground ginger
1 cupful grapejuice

Clean the dried fruits by rolling them in a cloth with a tablespoonful of flour, afterward picking over carefully to dispose of any bits of stalks or foreign matter. Halve the raisins, add the remaining ingredients, and pack in closely covered jars.

Meat other than suet is not used in the making of English mincemeat, but its flavour is sometimes varied by the addition of rich canned fruit or a little canned fruit juice.

PIES WITH CUSTARD FILLINGS

Custard Pie

3 eggs
1 cupful sugar, scant
¼ teaspoonful nutmeg
1 pint milk
Few grains salt
Pie crust

To the sugar, salt, and nutmeg add the beaten eggs and gradually the milk, beating the mixture constantly. Line a deep pie plate with the crust, build up the edges, pour in the custard mixture, and bake according to general directions. The pie filling should not be boiled during the baking process. If this happens it will separate and curdle.

Macaroon Custard Pie

Before pouring in the custard-pie filling, strew four coarsely crumbled macaroons over the bottom crust.

Strawberry or Peach Custard Pie

Spread two or three tablespoonfuls of strawberry jam, containing whole berries, or peach preserves over the bottom crust before pouring in the custard mixture.

Marron Custard Pie

Dot the lower crust with six quartered marrons before pouring in the custard mixture.

Caramel Custard Pie

Observe the directions for custard pie with this exception—melt one half of the sugar in a frying pan until it is the colour and consistency of maple syrup. To this add the milk, letting the two cook together until the sugar is melted; cool, and finish as for plain custard pie, flavouring the mixture with one-fourth teaspoonful vanilla.

Lemon Custard Pie

3 eggs
1 cupful sugar
1 pint milk
¼ teaspoonful salt
1½ tablespoonfuls cornstarch
Juice and grated rind of 1 lemon
Pie crust

Scald the grated rind and milk and thicken with the cornstarch blended with a tablespoonful of the milk. Pour this into the eggs, salt, and sugar beaten together, and when cold add the lemon juice. Pour into a crust-lined plate and bake as directed for custard pie.

Apple Custard Pie

Follow the directions for lemon custard pie, omitting the lemon, using instead a cupful of grated tart apples.

Cocoanut Custard Pie

Follow the directions for lemon custard pie, omitting the lemon and adding one-half cupful of grated cocoanut and one-fourth teaspoonful vanilla extract.

Sweet Potato Custard Pie

2 cupfuls mashed sifted sweet potato
1 cupful sugar
1 teaspoonful salt
2 eggs
1 teaspoonful powdered cinnamon
⅓ teaspoonful ginger
2 cupfuls milk
Pie crust

Line a deep pie plate with the crust, building up the sides as for pumpkin pie. Combine the remaining ingredients, stirring until they are smooth. Then pour into the pastry-lined plate and bake as for custard pies.

Pumpkin or Squash Custard Pie

Follow the directions in the preceding recipe, substituting mashed pumpkin or squash for the sweet potato.

Eggless Sweet Potato Pie

1 cupful mashed sweet potato
½ cupful sugar
2 cupfuls milk
1 tablespoonful cornstarch
1 teaspoonful butter
⅓ teaspoonful powdered cinnamon
½ teaspoonful powdered nutmeg
½ teaspoonful salt
Grated lemon rind
Pie crust

Line a pie plate with the crust, add the milk to the sweet potato, together with the remaining ingredients, pour into the pie plate and bake as directed.

Eggless Pumpkin or Squash Pie

Substitute pumpkin or squash for the sweet potato in the preceding recipe.

Sweet Potato Lemon and Raisin Pie

1½ cupfuls mashed sweet potato
½ cupful sugar
2 cupfuls milk
2 eggs
1 tablespoonful butter
Grated rind and juice of 1 lemon
½ cupful chopped raisins
¾ teaspoonful salt
Pie crust

Line a good-sized pie plate with the crust; then combine the other ingredients, taking care that there are no lumps of sweet potato; add the eggs, well beaten, pour into a crust-lined plate and bake as directed.

Squash or Pumpkin Raisin Pie

Substitute squash or pumpkin for the sweet potato in the preceding recipe, and proceed as directed.

Orange Sponge Custard Pie

2 tablespoonfuls flour
2 tablespoonfuls butter softened
1 cupful sugar
Few grains salt
2 eggs
1 cupful milk
1 tablespoonful grated orange rind
½ cupful orange juice
Pie crust

Put the flour, butter, salt, sugar, yolks of the eggs, and orange juice and rind together in a bowl and beat vigorously. Add the milk, and when this is mixed in, fold in the stiffly beaten egg whites. Line a rather deep pie plate with the crust, pour in the filling, and bake as directed for custard pies.

Pumpkin Sponge Pie

1 pint sifted pumpkin pulp
3 eggs
¾ cupful sugar
1 tablespoonful butter
1 pint milk
½ teaspoonful salt
¼ teaspoonful nutmeg or ginger
Pie crust

Melt the butter, and add with the egg yolks, sugar, pumpkin pulp, salt, and spices to the milk, beat well, and fold in the egg whites whipped stiff. Pour into a deep pie plate lined with crust; build up the edges, and bake according to general directions.

Squash Sponge Pie

Substitute cooked squash for the pumpkin in the preceding recipe.

Marshmallow Pumpkin or Squash Pie

Prepare the squash or pumpkin pie, dotting the top with halved marshmallows, then placing the pie in the oven for about five minutes until the marshmallows are brown.

Nut Pumpkin or Squash Pie

Prepare pumpkin or squash pie, adding one-third cupful chopped nut meats (any kind except peanuts) to the filling; and sprinkle the pie when done with one-third cupful additional nuts.

Pumpkin or Squash Fanchonettes

Prepare according to the recipe for pumpkin pie, using scraped maple sugar or light brown sugar for the sweetening. Bake in individual pans lined with pie crust, and for serving, top with whipped cream sweetened and sprinkled with chopped walnut meats or chopped pecan nut meats.

Lemon Custard Cakes

¼ cupful butter
½ cupful sugar
¼ cupful lemon juice
Grated rind of 1 lemon
2 eggs
Pie crust

Put the butter, sugar, lemon juice, and rind into the upper part of a double boiler and when hot add the eggs, well beaten. Stir continually until the mixture thickens. Line individual tartlet pans with pie crust, put a tablespoonful of the filling into each and bake fifteen minutes in a moderately hot oven—350–375 degrees F.

This mixture makes a delicious cake filling and may be made up in quantity and poured into jars to cool; it will keep several weeks.

Curd Cheese Cake

2 cupfuls curd (cottage cheese)
3 eggs
3 tablespoonfuls butter
1 cupful sugar
Grated rind of 1 lemon
1 tablespoonful cornstarch
Pie crust

Cream the butter and sugar thoroughly together, add the eggs, well beaten, gradually, then the curd, lemon rind, and cornstarch. Beat thoroughly and bake in one large pie plate lined with crust or in individual tartlet pans. If baked in one large pan, bake from a half to three quarters of an hour; if in individual pans, from twelve to fifteen minutes, having the oven moderately hot—350–375 degrees F.

If desired, pie crust may be put criss-cross fashion over the top of the cheese-cake mixture before baking.

Sour Cream Pie

⅔ cupful granulated sugar
2 tablespoonfuls cornstarch
A few grains salt
1½ cupfuls sour cream
2 eggs
Grated rind of half an orange or lemon
2 tablespoonfuls powdered sugar
1 pie-crust shell

Beat the egg yolks, sugar, salt, cornstarch; add the cream and rind. Put the crust into the plate; pour in the filling. Prepare a meringue by beating the whites of the eggs with the powdered sugar, piling on top of the pie and placing it in the oven to bake slowly until the meringue

is set and delicately coloured—about ten minutes. Serve cold.

Little Lemon Cheese Pies

1½ cupfuls cottage or pot cheese
½ cupful sugar
3 eggs
1 lemon, juice and rind
3 tablespoonfuls rich milk or undiluted evaporated milk
3 tablespoonfuls chopped nut meats, any kind
Pie crust

Line individual pans with the crust, combine all the ingredients in the order given, transfer to the lined pans, and bake about twenty minutes in a moderate oven—350 degrees F.

If desired, criss-cross strips of the crust may be put over the top of the pies.

MERINGUE PIES

Lemon Meringue

1½ cupfuls boiling water
1 tablespoonful butter
5 tablespoonfuls cornstarch
1¼ cupfuls sugar
3 eggs
Juice of 2½ lemons
¼ teaspoonful salt
Grated rind of half lemon
Pie crust

Blend the cornstarch with one-fourth cupful of cold water and stir into the boiling water; cook rapidly, stirring constantly until it thickens. Then add the sugar, butter, lemon juice and rind, pour into the egg yolks, slightly beaten, cool, and pour into a deep pie plate lined with crust. Bake until the crust is brown, about twenty-five minutes, then heap on the desired meringue, return the pie to a slow oven—325 degrees F.—and bake for ten minutes longer.

Apple Meringue Pie

3 cupfuls hot sweetened apple sauce
2 tablespoonfuls melted butter
½ teaspoonful grated lemon or orange rind
2 eggs
2 tablespoonfuls sugar
1 pie-crust shell

Place the pie-crust shell in the plate and fill with the apple sauce with which has been combined the melted butter, lemon or orange rind, and well-beaten egg yolks. Meanwhile, beat the whites of the eggs with the sugar until stiff,

pile on the pie, and put in a moderate oven—350 degrees F.—to set and delicately colour the meringue.

Rhubarb Meringue Pie

1 pint stewed rhubarb, sifted
1 cupful sugar
Grated rind of one orange
1 tablespoonful butter
1 tablespoonful cornstarch
3 eggs
Pie crust

Heat the rhubarb, add the sugar, the orange rind, the butter and cornstarch blended with a tablespoonful of cold water. Stir over hot water until it thickens, then pour into the beaten egg yolks. Place in a deep plate lined with crust, cover with a top crust, or leave uncovered, and bake as directed for custard pies. If a meringue is to be used, heap this on the top and bake the extra ten minutes in a slow oven.

Butterscotch Pie

2 tablespoonfuls granulated sugar
1 cupful boiling water
1 cupful brown sugar
2 tablespoonfuls cornstarch
$\frac{1}{8}$ teaspoonful salt
$1\frac{1}{2}$ tablespoonfuls butter or margarine
2 eggs
1 teaspoonful vanilla
A pie-crust shell

Caramelize the sugar by putting it dry into a heavy frying pan and stirring it over a gentle heat until it melts and becomes golden brown. Pour in the boiling water and simmer until the caramelized sugar melts, then add the brown sugar and thicken with the cornstarch which has been moistened with a very little cold water. Add the salt and butter and while still hot pour over the yolks of the eggs which have been well beaten. Cool slightly, add the vanilla, turn into a cooked pastry shell, cover with a meringue made by beating the whites of the eggs with two tablespoonfuls of granulated sugar (additional) and bake ten minutes in a very moderate oven—about 325 degrees F.

Raspberry Jam Meringues

Prepare individual pie-crust shells, half filling them with raspberry jam, then fill them entirely with Boston cream pie filling; heap with the desired meringue and brown ten minutes in a slow oven—325 degrees F.

Boston Cream Pie

1½ cupfuls milk
¾ cupful sugar
¼ cupful flour
½ teaspoonful vanilla
⅓ teaspoonful salt
1 egg or 2 egg yolks
½ tablespoonful butter
Pie crust

Scald the milk, thicken with the flour dissolved in two extra tablespoonfuls of milk. Beat the eggs, add the sugar and salt, stir into the milk mixture, beat in the butter and cook over hot water fifteen or twenty minutes, stirring occasionally; then add the flavouring.

In the meantime, bake a pastry shell, and just before serving, pour in the chilled filling. Top the pie with whipped cream or, if it is desirable to use meringue, pile it on the pie just before serving, then place it in a slow oven for ten minutes to brown.

Raisin Cream Pie

Prepare the recipe for Boston cream pie, stirring into the filling while it is still warm one-half cupful of moist raisins.

Chocolate Cream Pie

Observe the directions for Boston cream pie, adding to the milk while it is scalding two squares (ounces) of shaved chocolate, increasing the amount of sugar to one cupful.

Banana Cream Pie

Just before serving fill individual pie-crust shells with equal parts of ripe bananas (put through a potato ricer) and whipped cream sweetened to taste; sharpen with a little lemon juice. If desired, some plain sliced bananas mixed with a cooked cream filling, as that for Boston cream pie, may half fill the pie shells.

The Making of Meringue

When we think of meringue it is usually in connection with lemon pie, but that is putting a limitation on an exceedingly useful and ornamental delicacy, for meringue can be used in many and varied ways—as a decoration for pies and tarts, in the making of little cakes, for meringue glacé, or as a basis for delicious frozen desserts. Many cooks hesitate to make

meringue, apparently thinking that it is one of those elusive methods of cookery in which the chances are about even whether it will or will not turn out satisfactorily, but there is no reason why it should not always be satisfactory, if a few simple rules are followed in the making, and especially in the baking.

There are three forms of meringue, the cold or uncooked, the French, and the Italian, the first being the one commonly used. This is the simplest to make, but it is also the least satisfactory in the long run and the one most liable to fall after baking, for when I say that Number One is an uncooked meringue I do not mean that it is not cooked at all, but that in actual method of making it is uncooked. All meringues must be baked except the one referred to, which is used as a base for ice cream.

Very thorough beating is essential in the making of all meringues, and the egg whites used should be well chilled. It is also most desirable to use an especially large bowl, enabling the worker to take a long stroke in beating and incorporate more air into the mixture. When it comes to the baking, the oven must be very cool—not over 275 degrees F.—and during the greater part of the baking period not over 250 degrees F. If the heat is too great the meringue will toughen and shrivel and the result will be a leather-like surface, moist and sticky underneath.

The ingredients for uncooked meringue are sugar, white of egg, and flavouring, while for the French and Italian varieties a little water is added to these three ingredients. It is evident, therefore, that it is the method of combining which makes the variations in one form or another rather than any difference in the actual ingredients. The three forms may be used interchangeably; that is, any of the three may be used for any purpose, but, as already stated, either of the cooked mixtures really gives better results, and they are well worth the additional time spent in making.

Uncooked Meringue

Whites of 2 eggs
3 tablespoonfuls confectioners' sugar
$\frac{1}{8}$ teaspoonful salt
$\frac{1}{6}$ teaspoonful flavouring extract

Put the whites of the eggs into a perfectly dry large bowl and whip until stiff, preferably using a whisk beater rather

than a rotary one, as the whisk gives a more spongy texture. As soon as the whites are stiff, sift in the sugar and salt, add the flavouring extract, and continue beating until the mixture is glossy. If to be used for a pie, pile it on top of the already filled crust either by putting it on roughly with a spoon or adding it in an ornamental way by pressing it through a pastry bag. Place in a cool oven—not over 275 degrees F.—and bake for ten minutes, by which time the meringue should be thoroughly set and the top just tinged with gold.

French Meringue

Whites of 3 eggs
1 cupful fine granulated sugar
$\frac{1}{8}$ teaspoonful salt
$\frac{1}{6}$ teaspoonful flavouring extract

Put the unbeaten whites of eggs and the sifted sugar and salt together in the upper part of a double boiler, having cold water in the lower part of the boiler. Place over a gentle heat and bring slowly to simmering point, meanwhile beating the eggs and sugar continuously. By the time the water simmers the mixture should have become heavy enough to hold its form; if it has not, continue the beating but do not let the water in the lower pan boil. When the meringue is firm and solid, remove from the heat, add the flavouring, set the boiler in a pan of cold water and continue the beating for two or three minutes longer. This cooked mixture will be found to keep its shape much more easily than the uncooked meringue and it is therefore better for the making of kisses, meringue shells, and various other similar desserts.

Italian Meringue

Whites of 3 eggs
1 cupful fine granulated sugar
$\frac{1}{4}$ cupful water
$\frac{1}{6}$ teaspoonful flavouring extract
$\frac{1}{8}$ teaspoonful salt

Put the sugar, salt, and water together into a saucepan and cook (without stirring) to the soft-ball stage, that is, until a little dropped into cold water forms a soft ball, if using a candy thermometer, cook until this registers 240 degrees. Meanwhile, beat the whites of the eggs until stiff, then add the flavouring and pour the syrup into them, beating constantly while pouring and continuing the beating until the mixture is almost cold. By this time it will have become firm and almost solid.

Strawberry Nests

Whites of 4 eggs
½ cupful powdered sugar
1 cupful whipped cream
½ cupful crushed strawberries
3 tablespoonfuls powdered sugar, additional

Beat the whites of the eggs until they begin to stiffen, then add the half-cupful of sugar which has been passed through a sieve and continue beating until the eggs are stiff. Press through a forcing bag and tube into round nests on a baking pan. Bake in a very cool oven—275 degrees F.—until delicately browned—about half an hour. Cool and fill with the cream to which the crushed strawberries and additional sugar have been added.

Apple Strudel

1 egg
¼ teaspoonful salt
2 tablespoonfuls melted butter
3 tablespoonfuls lukewarm water
About 1¾ cupfuls flour
Apples
Sugar and ground cinnamon

Beat the egg slightly and add the melted butter and lukewarm water. Sift the flour and salt into a bowl, make a hollow in the centre and pour the liquid mixture into this, mixing to a dough with a knife or spoon. Turn on to a well-floured board and knead until smooth and elastic. Set aside in a warm place for half an hour, then place on a floured board or cloth and roll and stretch until thin as paper—it will be easier to do this on a cloth than on a board. Pare and core the apples, then chop and spread over the strudel dough, sprinkle generously with sugar and a little cinnamon, and dot a little butter here and there over the apples. Roll like a jelly roll, then twist the ends round to form a ring, brush with slightly beaten egg and sprinkle with sugar and cinnamon. Bake in a moderately hot oven—350–375 degrees F.—about half an hour. Serve hot or cold.

If preferred, divide the dough into small pieces, roll out thin, and bake in individual portions.

Mohn Strudel

Sprinkle the fruit generously with mohn seeds (poppy seeds), and after rolling and brushing with egg, sprinkle with more mohn seeds instead of sugar and cinnamon.

Curd Strudel

Prepare strudel dough as directed, spread with cottage cheese and coarsely chopped hazel nuts. Sprinkle a grating of nutmeg over these and roll and bake as directed.

Raisin and Nut Strudel

Prepare strudel dough as directed, spread with seeded raisins and sprinkle with nut meats, add a grating of nutmeg, roll and bake as directed. Serve warm with a lemon sauce.

CHAPTER XXVII

PASTRY

(All measurements are level)

ASIDE from the plainer forms of pastry used in pie making, there are certain fancy pastries, such as puff paste and Danish pastry, which are used in the preparation of the more elaborate desserts which most of us are accustomed to buy rather than to make. There is no reason, however, why we should not make these at home, for all that is necessary is a good recipe and careful manipulation—the former I am giving you, the latter I am quite sure you can provide for yourself. Recipes for some of the easily prepared fancy pastries follow:

Cream Puffs

1 cupful boiling water
½ teaspoonful salt
⅓ cupful butter or vegetable shortening
1½ cupfuls pastry flour
4 eggs

Boil the water, salt, and shortening together. Add the flour, beat thoroughly, and cook, stirring constantly until the mixture forms a ball and leaves the sides of the pan clean. Cool, then add the eggs one at a time, beating each in thoroughly before adding the next. Drop the batter by small tablespoonfuls some distance apart on an oiled flat baking pan, and bake in a moderate oven—350–375 degrees F.—about half an hour. When cold, make an incision in the sides of each puff and fill with sweetened whipped cream or custard stiffened with a very little gelatine. Dust powdered sugar over the tops before serving.

Chocolate Cream Puffs

Cover the puffs with a rich chocolate frosting instead of dusting with sugar.

Coffee Cream Puffs

Cover the puffs with a coffee frosting, or flavour the whipped-cream filling with coffee extract.

Fruit-Filled Cream Puffs

Bake cream puffs as directed and fill with crushed fruit sweetened to taste and slightly stiffened by adding a teaspoonful of dissolved gelatine to each cupful of fruit pulp; chill thoroughly after adding the gelatine.

Cream Puffs De Luxe

Bake cream puffs as directed, fill with ice cream, and serve plain or with a chocolate or coffee sauce.

Éclairs

Éclairs are made from the same mixture as cream puffs. The pastry must be laid on the baking pan in long strips, formed with a spoon or pressed through a pastry bag using a plain tube. They are baked just the same as cream puffs and the same fillings and sauces are used for them.

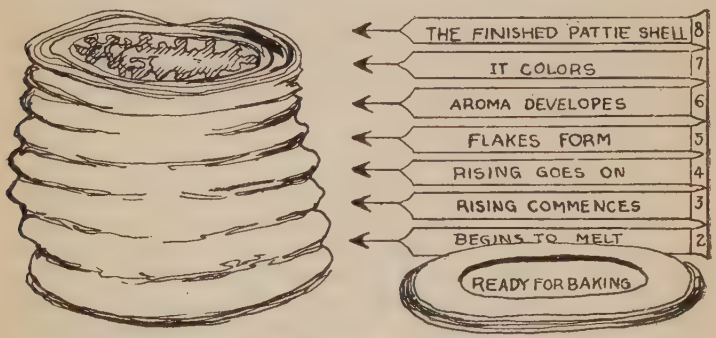
Puff Paste

1½ cupfuls flour
¼ teaspoonful salt
1 cupful butter
Yolk of 1 egg
Ice-cold water

Wash the butter in very cold water, squeezing it with the hands until soft and waxy; divide into three portions, place these between the folds of a cloth and press each with the palm of the hand until thin and about four inches square. Set aside, preferably on ice, until needed. Sift together the flour and salt, beat the yolk of egg, add one-fourth cupful of ice-cold water and use this to make a dough with the flour. Add a little more water if necessary—the dough should be pliable, not sticky. When moistened knead for two minutes on a slightly floured board, then set aside for five minutes, after which, roll into a strip about nine inches long by four and one-half inches wide; cut the sides even and straight. Lay one portion of the butter on the end of the dough nearest you, fold over the other half of the batter so as to thoroughly in-

close the butter and press the edges and open end firmly together to keep in butter and air. Turn the paste halfway round on the board, roll out to the same dimensions as at first, inclose the second portion of butter, fold over, turn halfway round, roll out, and place the remaining portion of the butter on the paste, fold over, and set aside to chill.

When thoroughly cold and firm place on a floured board again, turning it halfway round as before, roll out into a long thin strip, always keeping the sides and edges even. Fold over into three as a sheet of letter paper is folded to fit an envelope, turn halfway round, roll out again, and repeat. Always press the open edges together before rolling—this can be done by tapping it sharply with the rolling-pin—and always turn the pastry halfway round on the board after



To illustrate the rising of puff paste during the baking process

each rolling and folding. Set on a plate in the refrigerator to keep the pastry thoroughly cold and prevent the butter oozing out.

Puff paste is rolled and folded in this manner at least seven times, and it is said that perfect puff paste consists of one hundred and ninety-seven layers of butter and one hundred and ninety-eight layers of dough. It can be kept wrapped in waxed paper for several days in a cold place, but of course should not come in direct contact with the ice, as this would create a wet surface.

The Uses of Puff Paste

Puff paste is used for pâtés—sweet and savoury—chicken, lobster, oyster, shrimp, or fruit; Napoleons, rich jam turnovers, and for little fancy cakes and tartlets.

The savoury pâté fillings consist of a white sauce enriched with a little cream in which diced chicken, lobster, etc. (highly seasoned), has been heated.

The Baking of Puff Paste

Puff paste should be baked in an oven not too hot at first, but with a gradually rising temperature. It is not necessary to oil the pans, as this paste is so rich in itself. Lay the prepared pâté shells or turnovers, or whatever is to be baked, on flat baking sheets—little space need be allowed for spreading, as puff paste rises upward instead of outward. Have the oven temperature about 375 degrees F. to begin with and gradually increase it to 425 degrees. As soon as the puff paste is baked, remove it from the pans and place on a wire rack to cool. This method applies to all small articles made from puff paste.

Pâtés or Tartlets

In making pâtés or tartlets puff paste is rolled thin, stamped into rounds with a cutter, and the centres of half of these rounds cut out with a smaller cutter, after which the perfect round is brushed over with egg or milk and the round from which the centre was removed laid on top of it—the cavity caused by the removal of the centre making a well or hollow for the filling, enough filling being used not only to fill the well but also to overflow on one side of it.

Napoleons

Puff paste
Raspberry jam
Cream filling
Frosting

Cut puff paste into strips four inches long and two inches wide. Brush one strip with egg or milk, lay a second strip on top and bake. When cold split lengthwise into three, spread the first layer with raspberry jam, the second with cream filling (see section on Pies), and frost and decorate the top with plain water or fruit icing.

Rich Jam Turnovers

Puff paste Jam

Roll puff paste very thin, cut it into four-inch squares, put a spoonful of jam on one side, brush round the edges of the square with egg or milk, and fold cornerwise to give a triangular shape. Bake as directed.

Marguerite Puffs

Puff paste
1 cupful sugar
⅓ cupful cold water
Whites of 2 eggs
8 marshmallows
¼ cupful chopped nut meats
½ teaspoonful vanilla

Cut the puff paste into three-inch squares, bake as directed, and cool.

Cook the sugar and water together until a little lifted on a spoon spins a thread—if using a candy thermometer cook to 230 degrees. Cut the marshmallows into eighths, add them to the syrup, and set aside for five minutes where the syrup will keep hot. Meanwhile, beat the whites of eggs until stiff, pour the syrup gently on to them, add the chopped nuts and vanilla, and when cool spread the mixture over the squares of puff paste and sprinkle a few more nuts on top.

Cornucopias

Roll puff paste very thin, cut it in strips one inch wide and six or seven inches long. Roll it around sticks of wood about the thickness of a broom handle (these can be bought for the purpose but are easily made at home). Brush over with white of egg, dust with granulated sugar, bake, remove the sticks, cool, and fill with whipped cream, cream filling, or meringue to which a few nuts have been added.

FRENCH PASTRY

French pastry has as its basis puff paste which is augmented by the addition of frostings and fillings, frequently with decorations of nuts and whipped cream. The fragments of puff paste left over from the making of tartlets or pâtés may be used for fancy French pastries, which should always be made small, the variations being

merely those of flavourings and decorations rather than any difference in the basic ingredients themselves.

Lemon Honey Pastry

½ cupful sugar
3 tablespoonfuls butter
2 eggs
Grated rind and juice of 1 lemon
¼ teaspoonful salt
Puff paste

Put the sugar, butter, lemon rind, juice, and salt into the upper part of a double boiler, heat them together, then add the eggs, well beaten, stir over hot water until as thick as heavy boiled custard, cool, and store in a closely covered jar. Spread on tiny rounds of baked puff paste, put a spoonful of meringue on top and place in a cool oven—325–350 degrees F.—to delicately brown the meringue, which may be sprinkled with chopped nuts if desired.

Mocha Tarts

Puff paste
Cream filling
Mocha frosting
Finely chopped nuts

Bake puff paste in small tartlet pans, filling the centres while baking with beans or a crust of bread to prevent rising. Cool, remove the beans, and replace by a spoonful of cream filling (see section on Pies), cover with mocha frosting, and sprinkle with finely chopped nuts.

Strawberry Tarts

Puff paste
Strawberry jam
Whipped cream

Bake tartlet shells as directed for mocha tarts. Fill with strawberry jam and decorate with cream whipped until stiff, coloured a delicate pink and flavoured with strawberry juice or strawberry extract.

Cherry Tarts

Substitute cherry preserve for the strawberry jam and use cherry extract for colouring.

Apricot Tarts

Puff paste
Canned apricots
Heavy sugar syrup
Finely chopped almonds
Whipped cream

Bake tartlet shells as directed. Cut the apricots into slices and cook them for twenty minutes in a syrup made by boiling together one cupful of sugar and one-third cupful of water. Let the fruit cook in this syrup, then arrange it symmetrically in the tartlet shells; boil the syrup down until very thick, pour a spoonful over the fruit in each tartlet shell, garnish with whipped cream, and sprinkle with finely chopped almonds.

True Lovers' Knots

Cut wide strips of puff paste, rolled thin, form them into knots, brush over with slightly beaten egg, sprinkle with chopped almonds, bake, and cool as directed.

Almond Tartlets

Puff paste
Peach or apricot marmalade
¼ cupful butter
½ cupful sugar
2 eggs
½ teaspoonful baking powder
⅛ teaspoonful salt
½ cupful crumbled stale sponge cake
¼ cupful almond paste or very finely chopped almonds
½ cupful flour

Roll puff paste thin, and use it to line tartlet pans, putting a spoonful of the marmalade into each tartlet. Cream the butter and sugar together until light, add the well-beaten eggs, then the nuts and sponge cake crumbs, and last the flour, baking powder, and salt sifted together. Put a spoonful of this mixture into each tartlet case over the marmalade and bake in a moderately hot oven—375 degrees F. Cool and serve plain or, if preferred, frost the tops with a plain water frosting.

DANISH PASTRY

This form of pastry has become very popular of late years and is not at all difficult to make. It might be described as a yeast-raised dough made rich by the addition of a large proportion of butter. As a matter of fact, it is a cross between a coffee cake and a puff paste. The dough, for which the recipe follows, is rolled out thin, cut into various shapes, filled with nuts, almonds, and rich fruit mixtures, then decorated in very much the same manner as French pastries. Indeed, the variety of decorations and ornamentations used are limited only by the imagination and deftness of the worker.

Danish Pastry

1 pint milk
2 cakes compressed yeast
6 tablespoonfuls sugar
6 tablespoonfuls butter
About 8 cupfuls flour
¾ pound butter, additional
3 eggs
1 teaspoonful salt

Have the milk lukewarm, add the sugar and dissolve the yeast in it. Sift together the flour and salt, rub in the shortening and mix to a dough with the eggs, well beaten, and the milk. Knead five minutes, then roll into an oblong sheet about twice as long as it is wide. Wash the butter as directed for puff paste and place it in small lumps about the size of a cube of sugar over two-thirds of the dough; then take that portion of the dough having no butter on it and fold it toward the worker over a portion of the butter-covered dough. Then take the other third and fold it over the first two, giving three thicknesses of dough. Press down the edges as directed in the making of puff paste, turn halfway round, roll out fairly thin, fold in three, and repeat this process once more.

Cover with a cloth and set aside for half an hour, then roll out and shape as desired.

Danish Almond Rolls

Roll a strip of pastry thin and spread with a mixture of equal parts of ground almonds and sugar moistened with well-beaten egg. Roll up and cut into slices like a jelly roll. Bake in a moderately hot oven—350–375 degrees F.—about fifteen minutes, and brush over just before the end of the baking with a sugar-and-water glaze (two tablespoonfuls of sugar to two tablespoonfuls of water boiled together for three minutes).

Danish Tartlets

Line individual pans with Danish pastry rolled thin, put a spoonful of jam into each, then cover with a spoonful of rich cake batter into which nuts have been worked. Bake in a quick oven—375–400 degrees F.—from fifteen to twenty minutes, and when nearly done brush over with beaten egg and sprinkle with a mixture of chopped nuts and sugar in equal proportions. Cool and put a ring of whipped cream around the edge of the tartlets, using a pastry bag and tube.

Danish Squares

Bake Danish pastry in a biscuit pan, having a moderately hot oven—about 375 degrees F.—and baking it about half an hour. Cut into squares and roll these in warm melted jam or jelly, then roll in shredded cocoanut, chopped nuts, or toasted almonds. and garnish with whipped cream.

Danish Crescents

Roll Danish pastry very thin, spread with ground almond filling (see Danish almond rolls), put another layer of pastry on top, cut into crescents, brush over with egg and sprinkle with finely chopped almonds or walnuts and sugar in the proportions of two parts of nuts to one of sugar. Bake in a quick oven—375–400 degrees F.—about ten minutes.

ORIENTAL PASTRY

People of the Orient are great pastry eaters and their pastries are very delicate. One of their favourites, known as "Paklava," and capable of great variation, is given below and is not at all difficult to prepare.

Paklava

2 cupfuls flour
1 cupful sugar
8 tablespoonfuls butter
2 eggs

Sift the flour, rub in the butter, add the sugar, and moisten with the beaten egg and a little lukewarm water if needed. The paste should be about the consistency of pie crust. Divide into portions about the size of a very small egg, roll into exceedingly thin rounds, lay them one on top of the other, and cut into wedge-shaped pieces, like a pie. Pour hot water (additional) over the pastry, and bake in a quick oven—375–400 degrees F.—about thirty minutes. Cool and serve with a sugar syrup made of equal parts of sugar and water boiled until thick then flavoured with rose water.

Paklava with Nuts

Prepare the dough as directed above, but sprinkle finely chopped walnuts mixed with an equal amount of sugar between the sheets of dough. Bake as directed.

ITALIAN PASTRY

Mantua Tart

4 egg yolks
1 whole egg
¾ cupful sugar
1 cupful flour
¼ teaspoonful salt
⅝ cupful butter
1 teaspoonful grated lemond rind
¼ cupful blanched almonds and pine nuts

Beat the eggs and sugar, also the lemon rind, until very light; add the flour and salt sifted together, then the butter melted over hot water. Turn into a shallow well-oiled pan which has been thickly dusted with flour or bread crumbs. Sprinkle the almonds and pine nuts, sliced thin, over the top and bake about half an hour in a moderately hot oven—350–375 degrees F. Sprinkle with powdered sugar and cut into squares or diamonds.

Biscotti Croccanti

2 cupfuls flour
½ teaspoonful salt
1 cupful granulated sugar
3 tablespoonfuls butter
2 tablespoonfuls powdered sugar
¼ teaspoonful anise seeds
4 eggs
½ cupful almonds and pine nuts mixed

Sift the flour and salt together, rub in the butter, add the sugar and nuts; moisten with eggs. Divide into four portions, roll about half an inch thick, place side by side in an oiled baking pan which has been dusted with flour, brush over with egg (a little may be reserved for this from those used in the mixing) and bake in a slow oven—325 degrees F.—about half an hour. Cool, and next day cut into slices like rusk, replace in the oven with the cut sides up, toast, and turn over that the biscuits may be browned on both sides. Sprinkle with the powdered sugar and anise seeds mixed.

A New Pair of Sleeves

Eighty-five
Light-hearted
Merry-eyed
The Little Old Lady stepped through the door.

"The store's grown up," she said to the floorwalker, "since I came here last, twenty-five years ago."
Just then the Owner passed, he paused.
"And may I ask, madam, what you bought?"
"This," she said, and pointed with pride to her black silk dress.
"I bought it for Mary's wedding. Now Mary's daughter is going to be married, I want to match it to make new sleeves."

The Owner took her to the Tea Room Girl.
A wonderful luncheon.
An enchanted Little Old Lady—
"But I just can't finish the ice cream, my dear," she said, "please put it in the icebox till I come back."

Four o'clock.
A modern Little Old Lady in a new bonnet given by the Owner's wife.
More ice cream.

Life always a party.

CHAPTER XXVIII

FROZEN DESSERTS

(All measurements are level)

WHILE the frozen dessert stands for what might be termed an elaborate atmosphere, it may be very easily made. Frozen desserts are of all types, from the simplest mixture, frozen with or without stirring, to the most elaborate moulded bombe.

All frozen desserts have a definite food mission, and when they are used it must be with this in mind. They are classified as sweets. Those containing a preponderance of fruit juice, as water ice or sherbet, may act as acids and cleansers; those made with egg or milk, or a combination, may be used to round out a meal deficient in protein. When fruits are used, they become bulky foods, and nuts bring up the protein content. Whipped or plain cream adds a definite fat.

Although the frozen dessert is very cold, it is wholesome if eaten slowly, and may be used freely in warm weather wherever it belongs. The reason that so many mothers have felt that ice cream does not agree with the children is because it has been added to a meal already sufficient.

A nursery supper, for example, of junket ice cream, strawberries, and plenty of bread and butter is balanced.

A hot day luncheon consisting of cream cheese and nut salad sandwiches and frozen chocolate frappé is enough.

A dinner consisting of fruit cocktail, broiled chicken, boiled rice, corn on the cob, and sliced tomatoes may be balanced with a mousse or parfait, a salad with mayonnaise would supply too much fat. When frozen desserts are used as part of the meal, not as accessories, they will not be an extra expense, nor will they cause digestive disturbance.

The Equipment

The equipment needed for the preparation of freezing desserts varies with the different kinds. All that are to be

stirred while freezing demand an ice-cream freezer. One of two kinds may be selected—with a wooden or with a metal tub. Probably greater efficiency in saving ice is accomplished with a wooden tub; if possible, choose one with a double dasher, as the number of partitions or sections determines the rapidity with which the dessert may be frozen. In addition, a suitable ice pick is needed, or in case a large freezer is used, a heavy burlap bag and mallet may be used for pounding the ice.

If large quantities of frozen dessert are made, a commercial ice crusher will save time and ice. Heavy carpeting must be provided, so when the dessert is frozen and packed it may be closely covered to retain the cold.

Another type of freezer is that known as the vacuum; in this case, the dessert is placed in the container and a certain amount of ice and salt packed around it, less than is usually demanded, because with this type the dessert will freeze in a reasonably short time. It is not possible to make a smooth custard ice cream or plain ice cream in it. It is only suited to water ices of coarse texture, as frappés, or to cream ices that are frozen without stirring, as mousse, parfait, or biscuit.

Ices frozen without stirring may be made without any freezer, a tightly closed mould, brick or melon shaped, or pail with a tightly fitting cover being all that is needed to hold the mixture. This may be buried in a tub of ice and salt for the freezing.

In case individual moulds are desired, they may be purchased in fancy shapes, or use small fluted jelly glasses with their covers.

Any frozen dessert made without stirring may be frozen in an electrical refrigerator if double the time is allowed for water ices and plain cream ices and triple the time is given to heavy mixtures, as mousses, parfaits, and biscuits.

Classification of Frozen Desserts

The various frozen desserts differ in two ways—flavour and texture.

Flavours are differentiated by putting together different ingredients; textures, by varying the quantities of cracked ice and rock salt, thus changing the freezing temperature.

Proportions of Ice and Salt

In freezing custard or plain cream mixtures, water ice, or sherbet that demands a smooth texture, three parts of cracked ice to one of rock salt by measure are used in packing, the temperature of the brine being about 24 degrees F.

In case a coarse texture is desired, two parts of cracked ice and one of rock salt by measure are used; the temperature of the brine about 28 degrees F.

In freezing desserts which do not need stirring and which must have a very rich velvety texture, as mousse, parfait, or biscuit, use equal parts by measure of cracked ice and rock salt. The temperature of the brine is 30 degrees F.

After freezing, if to be allowed to ripen or stand, or if to be kept any length of time, frozen desserts should be repacked in four parts of cracked ice to one of rock salt by measure. Temperature about 26 degrees F.

The reason that the freezing process takes longer in an electric refrigerator is because of the temperature of the ice chamber—26 and 30 degrees F.

Frozen desserts, irrespective of the ingredients, in making them, are known as ices; in other words, ice cream, mousse, chocolate frappé, sherbet, and so on, are all ices; they may be differentiated as cream ices, water ices, and ices frozen without stirring.

Various ices not usually classified as frozen desserts will be found in this section; they are among the new developments of cookery.

Ices Stirred While Freezing

1. Frappés, made of either milk or water.
2. Cream ices, with a base of milk, water, or buttermilk.
3. Sherbets, made with milk, water, or containing gelatine or egg whites.
4. Frozen sweetened canned fruits, or fresh fruit sweetened with simple syrup, with or without heavy cream or undiluted evaporated milk.
5. French cream, made with a custard thickened with egg yolks, to which heavy cream is added.
6. Frozen custard less rich than French cream, cornstarch or flour being used for part of the egg yolks.

7. Spumoni, frozen pudding, and other fancy ices depending on a cooked base of syrup and egg yolks, heavy cream, and the addition, in certain cases, of a little gelatine.

8. Philadelphia cream ice, made with a base of plain cream, part scalded, the balance unscalded to which various flavourings are added.

9. Junket cream ice, made with a base of well-sweetened junket, to which cream is added.

Ices Frozen Without Stirring

1. Mousse, made of a combination of flavoured syrup, of sweetened fruit juice and pulp, a small amount of gelatine, and whipped cream.

2. Parfait, made with a cooked base of heavy syrup, as chocolate, caramel, or coffee, thickened with egg yolks chilled and combined with whipped cream.

3. Biscuit, consisting of a cooked base of egg yolks, sugar, and flavouring, chilled and combined with whipped cream.

Ices Depending upon Moulding

Many ices take their name from the shape in which they are moulded. If this is done, the ice or combination of ices is made, then packed into the desired moulds, frequently lined with lady fingers, macaroons, slices of sponge cake, etc., such desserts are bombes, certain forms of frozen pudding, Nesselrode pudding, etc. Small ices which do not have to be stirred while freezing are often moulded in individual paper cases; in this instance, the cooled mixture is poured into the cases and they are packed in layers with waxed paper between in the container of an ice-cream freezer to become solidified.

Serving Ices

At large parties or receptions ices are frequently served from a buffet table, being in a good-sized glass bowl or small punch bowl; a large spoon is used for serving; a moulded ice is put upon a platter, an ice-cream knife used for the service. Whenever ices are served in fancy glasses or paper cases, it should be from the pantry.

A sauce to accompany an ice should act as part of the garnish if the ice is served in sherbet glasses. If it is an accompaniment to a moulded ice served at the table, it may

be put in a fancy bowl, the hostess pouring it over each serving before it is passed.

Freezing Stirred Ices

The mixture should be thoroughly chilled; this saves time in freezing. Put it in the container not more than three-fourths full, as the constant stirring during the freezing process beats in air, causing the mixture to increase in bulk. After putting the container in place, adjust the dasher top and handle, and pack the right amount of ice and salt well beyond the line of the mixture in the container; if a freezerful is to be made, the ice and salt should cover the top. Leave in the plug until considerable brine has been made. Let the mixture stand in the freezer for fifteen minutes before starting to freeze to make it very cold, then turn the crank very slowly and steadily until frozen—twenty to twenty-five minutes or even less should suffice.

When done, draw off the water, scrape the ice from the dasher, remove it, put on the top, plug it tightly with the cork, and repack in four parts ice to one of salt. Let stand at least one hour to ripen—this really means to smooth—covering the top with heavy carpet to keep in the cold.

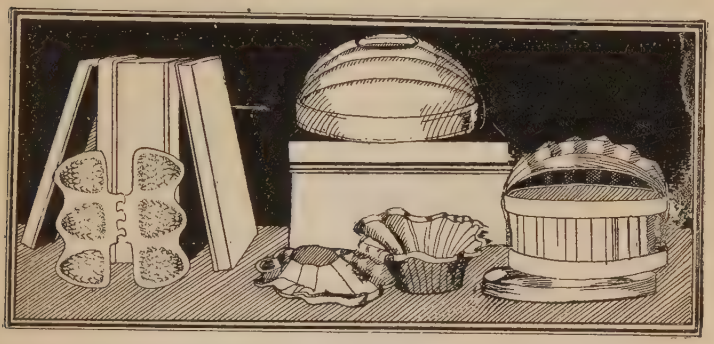
Freezing Unstirred Ices

Desserts of this type should be put into moulds which have been rinsed with cold water, closely covered, and sealed. To do this, smear the crack between the top of the mould and the bottom with lard, margarine, or any kind of fat that hardens; bind this around with a strip of cotton cloth; when the fat comes in contact with the melting ice it will harden and form an effective seal. Put the filled mould, top side up, in a utensil about one-third larger, having a layer of equal parts of ice and salt in the bottom, fill the utensil with layers of ice and salt completely submerging the mould, top with old carpeting to keep in the cold, and let stand in a cool place the required length of time.

Making Use of Left-over Ice and Salt

Invariably the freezer contains considerable melted ice with its salt after the dessert has been eaten. To take advantage of this and to provide a food for a subsequent meal, pour into

the freezer can or the mould a drink to be iced; consommé or chicken bouillon that is to be frappéd for use at the next meal; chopped canned fruit already sweetened, frozen fruit with syrup, cubed watermelon slightly sweetened, or the



A group of ice cream moulds

mixture for a simple frozen salad; often plain tapioca cream or chocolate cornstarch pudding is delicious chilled, or really three-fourths frozen, in this way.

To Mould Frozen Ices

Chill the mould in ice, put in the desired decoration, and pack in the ice as desired, using a broad-bladed knife or flat utensil for the purpose.

To Unmould Ices

Let the mould stand for a few moments at room temperature, rinse it with cold water, take off the cover, and turn upside down on the serving platter; then pull off the mould.

FRAPPÉS, SHERBETS, WATER ICES, AND PUNCHES

All of the desserts classified under this heading are simple in character and not as rich as an ice containing egg yolks and cream. Any of them may be used for dessert service. Tart water ices, punches, and frappés may be used in formal

meals with the meat course, as cranberry frappé with turkey. Almost any water ice, frozen punch, or sherbet may be made of a well-sweetened, highly flavoured fruit drink, but better results are gained if a syrup base is made, the fruit juice being added to that. In case a dessert of this kind has to stand, choose a sherbet which contains gelatine.

Coffee Frappé

1 quart freshly made strong coffee
¾ cupful sugar
Few grains salt
½ teaspoonful vanilla
1 egg white or ½ cupful marshmallow cream

Combine the sugar, salt, and hot coffee, chill, add the vanilla and egg white or marshmallow cream, and freeze, according to directions previously given, in equal parts of ice to one of rock salt.

Serve, if desired, with a garnish of whipped cream.

Chocolate Frappé

1 quart milk
2 squares (ounces) chocolate
¾ cupful sugar
Few grains salt
1 teaspoonful vanilla

Cut the chocolate in small pieces, add to the milk with the sugar, and scald, stirring occasionally until the chocolate is smooth. Chill, add the salt and vanilla, and freeze in equal parts of crushed ice and rock salt. Serve with or without a garnish of whipped cream.

Cocoa Frappé

Substitute one-fourth cupful cocoa, rubbed smooth with one-fourth cupful of milk, for the chocolate in the preceding recipe. Add one-half cupful marshmallow cream if desired.

Cranberry Frappé

1 quart sifted cooked cranberries
2 cupfuls sugar
Juice of one lemon
Grated rind of one orange

Add the sugar to the cranberries while hot, cool, add the remaining ingredients, and freeze as directed in two parts of cracked ice to one of rock salt.

Grapejuice Frappé

3 cupfuls grapejuice
1 cupful water
1¼ cupfuls sugar
Juice two lemons

Combine the sugar and water and boil three minutes, add to the remaining ingredients, chill, and freeze in two parts of crushed ice to one of rock salt.

Loganberry Frappé

Follow the directions for grapejuice frappé, substituting loganberry juice.

Apple Juice Frappé

Follow the directions for grapejuice frappé, substituting apple juice, and use one cupful of sugar.

Ginger Ale Punch

1½ cupfuls orange juice
½ cupful lemon or lime juice
1 cupful powdered sugar
1 quart bottle ginger ale

Combine the sugar and fruit juices, add the ginger ale, and freeze as directed in three parts of cracked ice to one of rock salt.

Lemon Ice

⅔ cupful lemon juice
1 quart water
2 cupfuls sugar
Grated rind of half a lemon
Few grains salt

Combine the sugar, water, and rind, boil five minutes, chill, add the lemon juice, and freeze as directed in three parts of cracked ice to one of rock salt.

Mint Lemon Ice

Boil one-half cupful of minced mint leaves with the sugar and water, as in the preceding recipe, add the lemon and salt, and just before freezing, one-third cupful of very finely minced fresh mint.

Orange Ice

Follow the directions and general proportions for lemon ice, using two cupfuls of orange juice, the juice of one lemon, and only three cupfuls of water and the grated rind of half an orange.

Raspberry Ice

1 quart red raspberries
1 pint water
2 cupfuls sugar
Juice half a lemon
Few grains salt

Boil the raspberries in the water until soft, sift, add the sugar, lemon juice, and salt, chill, and freeze as directed in three parts of crushed ice to one of salt.

Strawberry Ice

Follow the proportions and directions for raspberry ice, substituting strawberries.

Currant Ice

Follow the proportions and directions for raspberry ice, substituting red currants.

DEVELOPING ICES INTO SHERBETS

Any of the preceding ices may be made into sherbets by the addition of two beaten egg whites or one-half tablespoonful gelatine softened five minutes in cold water to cover, then melted over steam.

Lemon Milk Sherbet

1 quart fresh or buttermilk
½ cupful lemon juice (scant)
Grated rind of half a lemon
1¾ cupfuls sugar

Combine the lemon juice, rind, and sugar in the freezer, gradually stir in the milk, and freeze as directed in three parts of cracked ice to one of rock salt.

Pineapple Sherbet

1 pint grated pineapple
3 cupfuls water
1 cupful sugar
1 teaspoonful gelatine
Juice one lemon, rind of half
2 egg whites

Boil the sugar and water five minutes, add the gelatine which has been softened in cold water, cool, combine with the pineapple, lemon juice, and rind, add the egg whites beaten, and freeze in three parts cracked ice to one of rock salt.

Rhubarb Sherbet

Follow proportions and directions for pineapple sherbet, using baked rhubarb. If desired, a half cupful of orange marmalade may be added.

"Three-Fruit" Sherbet

3 oranges
3 lemons
3 bananas
3 cupfuls water
3 cupfuls sugar
3 egg whites
Few grains salt

Boil the sugar and water for five minutes with the grated rind of an orange. In the meantime, mash the bananas fine, chill the syrup, add the bananas and fruit juices, chill, add the egg whites beaten stiff, and freeze as directed in three parts of cracked ice to one of rock salt.

Blood oranges make this a beautiful orange colour.

Apricot Punch

1 can apricots, sifted
1½ cupfuls sugar
¾ cupful orange juice
Juice one lemon
1 cupful boiling water
Few grains salt

Dissolve the sugar in the water, chill, add the remaining ingredients, and freeze in three parts of cracked ice to one of rock salt.

Orange Cream Sherbet

¾ cupful orange juice
½ cupful lemon juice
3 cupfuls boiling water
2 cupfuls sugar
1 cupful cream or undiluted evaporated milk
Few grains salt

Melt the sugar in the water, chill, add the fruit juice and milk, and freeze as directed in three parts of cracked ice to one of rock salt.

FROZEN FRUITS

Any juicy fruit that is good chilled may be combined with sugar or simple syrup (see section on Beverages), then frozen like an ice or frappé. If the fruit is not very juicy and sugar is added, it will be necessary to put in a cupful of water to a quart of fruit, but if the fruit is of a type that combines well with cream, this can be substituted for the water.

Frozen Strawberries

1 quart ripe strawberries washed and hulled
2 cupfuls sugar
1 cupful water or cream
Few grains salt

Mash the berries, add the sugar, and put in a cold place for an hour or two; then add the water or cream, let stand a few minutes, stirring occasionally, and freeze as directed in three parts of cracked ice to one of rock salt.

Frozen Peaches

Substitute very ripe, peeled chopped peaches for the strawberries in the preceding recipe.

Frozen Raspberries

Substitute raspberries for the strawberries in frozen strawberries and add a very little lemon juice.

Frozen Pineapple

Substitute very ripe fresh grated pineapple for the strawberries, and add the juice of half a lemon; do not attempt to make this dessert with cream.

Frozen Canned Fruits

Well-sweetened canned peaches, pineapple, strawberries, raspberries, or apricots may be substituted for the fresh frozen fruits enumerated; in some cases it will be necessary to add a little lemon juice; if the fruit is very sweet, the amount of sugar may be decreased one half.

FROZEN CREAM ICES, POPULARLY KNOWN AS ICE CREAMS

Ices of this type may be used plain or with almost any kind of flavouring, as fruit, nuts, chocolate, dried fruits, chestnuts, etc. The most digestible and the simplest is junket ice cream, and next is frozen custard, and third, French ice cream.

Philadelphia ice cream, made entirely of cream, is easier to make than any of the others, but because it contains so much fat is not quite so digestible. All of the frozen custard mixtures are yellow in colour because of the egg yolks. If a very white effect is desired, as in the moulding of certain desserts, a plain Philadelphia cream should be used.

In making frozen custard or French ice cream, when it is necessary to reduce expense, undiluted evaporated milk of very good grade may be substituted for the plain cream.

This somewhat reduces the food value, but the general texture and flavour are almost as good as when cream is used. Gelatine may be added in case it is desirable to increase bulk without increasing expense, or in case the ice cream is to stand some time after being served, as when large numbers are served at a banquet. It must be remembered that increase of bulk by gelatine means decreased food value.

Junket Ice Cream

1 quart milk
1 junket tablet, or
1 teaspoonful rennet
1⅓ cupfuls sugar
2 teaspoonfuls desired flavouring
1½ cupfuls heavy cream
Few grains salt

Heat the milk until tepid, stir in the sugar and salt and pour into the freezer can; add the rennet or junket tablet dissolved in a tablespoonful of cold water, flavour, and when the mixture has solidified, add the cream and freeze in three parts of cracked ice to one of rock salt.

This is the best of all ice creams to give to children.

Chocolate Junket Ice Cream

Observe the proportions and directions in the preceding recipe, adding two and one-half squares (ounces) melted chocolate to the milk and sugar mixture.

Maple Ice Cream

1½ cupfuls maple syrup
2 eggs
½ teaspoonful vanilla
1 pint heavy cream
Few grains salt

Scald the syrup and pour it into the eggs, slightly beaten, mixed with the salt, beat hard until cold, add the vanilla and cream, then freeze as directed in three parts of cracked ice to one of rock salt.

French Ice Cream

1 quart milk
6 egg yolks
1¾ cupfuls sugar
¾ tablespoonful any flavouring
1 cupful heavy cream
Few grains salt

Scald the milk, stir in the egg yolks, beaten and mixed with the sugar and salt, cook over hot water like a custard, stirring constantly until the mixture coats a spoon. Chill, add

the cream, flavour, and freeze in three parts of cracked ice to one of rock salt. If a less fine grain is desired, three beaten egg whites may be added with the cream. This increases the bulk.

Fig Ice Cream

Prepare the recipe for French ice cream, adding one and one-half cupfuls finely chopped moistened dried figs, a grating of lemon rind, and two tablespoonfuls of lemon juice. Freeze as directed.

Caramel Ice Cream

Follow the directions and proportions for French ice cream, melting to a caramel half the sugar; add this to the milk, cook until the caramel is melted, then add the egg yolks and remaining sugar and proceed as directed above. Flavour with vanilla.

Caramel Almond Ice Cream

Follow the directions for caramel ice cream, adding one cupful of finely chopped toasted almonds to the mixture when putting it in the freezer.

Coffee Ice Cream

Follow directions and proportions for French ice cream, scalding with the milk one-third cupful of high-grade coffee ground medium fine. Strain through cheesecloth, then add the remaining ingredients as directed, and flavour with one teaspoonful of vanilla.

Chocolate Ice Cream

Follow directions and proportions for French ice cream, scalding with the milk two and one-half squares (ounces) chocolate, flavour with one-half tablespoonful of vanilla.

Hickory Nut Ice Cream

Prepare the recipe for French ice cream, using a pint of cream, adding a cupful of finely chopped hickory nut meats, or substitute blanched walnut meats and freeze as directed.

Inexpensive French Ice Cream

Substitute for two of the egg yolks a tablespoonful of cornstarch mixed smooth with an equal quantity of milk, add this to the milk while scalding, then proceed as directed.

Frozen Custard

Make up the mixture for French ice cream, or inexpensive French ice cream, omitting the cream, and freeze as directed.

Chestnut Frozen Custard

Prepare the recipe for French ice cream, omitting the cream and adding a cupful of mashed cooked chestnut pulp. Flavour with vanilla and freeze in three parts of ice to one of salt as directed.

Banana Frozen Custard

Make up the mixture for French ice cream, omitting the cream, adding one and one-half cupfuls of the pulp of ripe bananas put through a potato ricer, flavour with lemon or orange extract, and proceed as directed.

Frozen Fruit Custard Pudding

To the mixture for French ice cream, omitting the cream, add one and one-half cupfuls of finely chopped mixed dried fruits, as figs, cherries, dates, and moistened candied orange peel, with or without a few finely chopped hazel, pecan, or hickory nut meats. No flavouring is required.

Snow Ice Cream Glacé

1 pint milk
1 cupful powdered sugar
2 or 3 egg whites
½ pint heavy cream
1½ teaspoonfuls vanilla
Few grains salt

Beat the milk, cream, sugar, salt, and vanilla together in a bowl until light, transfer to the freezer can, pack in three parts of cracked ice to one of salt as directed, and begin to freeze. After about eight minutes, add the egg whites beaten stiff, and finish freezing.

Frozen Macaroon Glacé

Prepare the recipe for snow ice cream, add one and one-half cupfuls crumbled macaroons to the mixture.

Frozen Peach Ice Cream Glacé

Follow the directions for snow ice cream, using one and one-fourth cupfuls of powdered sugar and add with the egg whites one cupful of sifted or finely mashed ripe peach pulp.

Frozen Strawberry Glacé

Follow the directions and proportions for frozen peach glacé, substituting the pulp of fresh strawberries for the peaches.

Philadelphia Ice Cream

1 quart light cream
1 cupful sugar
2 teaspoonfuls desired flavouring
Few grains salt

Scald half of the cream with the sugar and salt, chill, combine in the freezer can with the remaining ingredients, and freeze as directed in three parts of cracked ice to one of rock salt.

Chocolate Philadelphia Ice Cream

Follow directions and proportions for Philadelphia ice cream, adding to the scalded cream two squares (ounces) chocolate cut small.

Pecan Philadelphia Ice Cream

Add one cupful of finely chopped pecan nut meats to the recipe for Philadelphia ice cream before freezing.

Philadelphia Pistachio Ice Cream

Flavour Philadelphia ice cream with almond extract and colour pale green with vegetable colouring. If desired a cupful of finely chopped pistachio nut meats may be added.

Strawberry Philadelphia Ice Cream

Add two cupfuls of cleaned mashed strawberries mixed with three-fourths cupful of sugar and allowed to stand for two hours to the mixture for Philadelphia ice cream, and freeze as directed.

Raspberry Philadelphia Ice Cream

Follow the directions and proportions for strawberry Philadelphia ice cream, substituting raspberries.

Praline Ice Cream

Add one cupful praline powder to the mixture for Philadelphia ice cream before freezing.

MOUSSES, PARFAITS, AND BISCUITS

Of these three types of ices, all of which are frozen without stirring, the mousse is the least rich, the parfait is in class second, and the biscuit third. All should be served in small portions.

Strawberry Mousse

1 cupful well-crushed and sifted strawberries
Few grains salt
⅔ cupful powdered sugar
1 teaspoonful gelatine
1 pint heavy cream

Combine the strawberry, salt and sugar; let the gelatine stand five minutes in cold water to cover, then melt it over steam and add to the strawberry mixture. Combine with the cream, whipped stiff, transfer to a mould rinsed in cold water, seal, and bury for four hours in equal parts of crushed ice and rock salt. Serve with halved sweetened strawberries, with or without a garnish of whipped cream.

Raspberry Mousse

Substitute red raspberries for the strawberries in the preceding recipe, adding one-half tablespoonful of lemon juice.

Peach Mousse

Follow the directions for strawberry mousse, substituting the pulp of mashed peaches for the strawberries, and adding one-half teaspoonful of lemon juice.

Coffee Mousse

Follow the directions for strawberry mousse, substituting a cupful of strong cold coffee for the strawberries and flavouring the mixture with one teaspoonful of vanilla extract.

Chestnut Mousse

Follow the directions for strawberry mousse, substituting for the berries a cupful of chestnuts cooked in syrup then mashed and sifted and mixed with a third cupful of minced maraschino cherries.

Golden Parfait

¾ cupful sugar
⅓ cupful boiling water
3 egg yolks
Few grains salt
1 pint heavy cream
2 teaspoonfuls desired extract

Boil the sugar and water until it threads—230 degrees F.—then add the salt and pour the mixture into the egg yolks beaten until light. Chill, flavour, fold into the cream whipped stiff, transfer to a mould, seal, and pack in equal parts of cracked ice and rock salt for three to four hours.

Maple Parfait

Substitute thick maple syrup for the cooked sugar and water in the preceding recipe and proceed as directed.

Coffee Parfait

Substitute well-made strong coffee for the water in golden parfait and proceed as directed.

Caramel Parfait

Caramelize half the sugar in the recipe for golden parfait, then add the remaining sugar and water, boil as described, and complete according to directions.

Chocolate Parfait

Observe the proportions and directions for golden parfait, adding to the syrup two squares (ounces) chocolate melted; flavour with vanilla.

Chocolate Marron Parfait

Follow directions for chocolate parfait, adding three-fourths cupful of finely chopped marrons before freezing.

Pineapple Parfait

½ cupful finely chopped canned pineapple
4 egg yolks
⅓ cupful sugar
1 cupful pineapple syrup
1 pint heavy cream
Few grains salt

Boil together the pineapple syrup and sugar with the salt to a thread—230 degrees F.—pour into the egg yolks, beaten until light, and stir over hot water until thick. Chill, add the chopped pineapple, and fold into the cream, whipped stiff,

transfer to a mould, seal, and bury for four hours in equal parts of ice and salt. If desired, the mould may be decorated with a design made of canned pineapple or pineapple and lady fingers.

Biscuit Glacé

6 egg yolks
4 tablespoonfuls granulated sugar
Few grains salt
½ teaspoonful vanilla extract
1 pint heavy cream

Beat the egg yolks until very light, add the sugar and salt, stir until all graininess has disappeared, then put over boiling water and cook gently until the mixture is very thick—about twenty minutes—beating occasionally. Set in a dish of cold water, beat again, add the vanilla when cold, and combine with the cream, whipped stiff. Transfer to paper cases, dust the tops with macaroon crumbs or finely chopped toasted almonds, pack in the ice-cream freezer with paraffine paper and cardboard between the layers, and let stand for two hours in equal parts of cracked ice and rock salt.

Chocolate Biscuit Glacé

Follow proportions and directions for biscuit glacé, adding to the egg mixture one and one-half squares (ounces) melted chocolate.

Macaroon Biscuit Glacé

Add to the mixture for chocolate or plain biscuit glacé one cupful of powdered macaroon crumbs.

Orange Biscuit Glacé

Flavour the mixture for biscuit glacé with a little orange extract, and add one-third cupful of finely chopped candied orange peel.

Peanut Brittle Biscuit

Combine one pint of heavy cream, whipped stiff, with a cupful of peanut brittle, measured after putting it through the food chopper. Transfer to a mould and bury four hours in equal parts of ice and rock salt.

SPECIAL MOULDED ICES

Nesselrode Pudding

3 egg yolks
1 pint light cream
1 cupful heavy cream
½ cupful sugar
20 cooked chestnuts peeled and blanched
¼ cupful large moist raisins
¼ cupful chopped candied pineapple
¼ cupful currants or candied orange peel

After peeling and blanching the chestnuts, which should be cooked until tender in a simple syrup (see section on Beverages), mash all but six, cutting the remainder in small pieces; if desired marrons may be substituted. Cover the fruit with hot syrup and let stand while the rest of the mixture is being made. Combine the egg yolks and sugar, beat well, stir into the light cream, which should be scalded, and cook like a custard until the mixture coats the spoon, then add the mashed chestnuts and the soaked fruit, chill, and partly freeze in three parts of cracked ice to one of rock salt. After ten minutes add the heavy cream and finish freezing.

The pudding may be served informally in sherbet glasses with a garnish of whipped cream, or, after freezing, it may be packed into paper cases and allowed to stand in ice and salt for one hour; or it may be moulded into fancy shape, the mould being decorated with pieces of candied fruit and chestnuts.

Frozen Plum Pudding

To the recipe for chocolate French ice cream add, when frozen, one and one-half cupfuls of moist raisins, currants, bits of citron, candied pineapple, and candied orange peel, mixed, chopped small, and allow to stand overnight in "simple syrup" to cover.

Line a mould with lady fingers or lady fingers and macaroons, pack in the "pudding," and let stand an hour in three parts of crushed ice to one of rock salt. Serve with whipped cream or custard sauce.

Frozen Pudding

Prepare and freeze Philadelphia or French ice cream, flavouring with a teaspoonful each of lemon, almond, and vanilla extracts, add one and one-half cupfuls of chopped

mixed candied cherries, pineapple, apricots, a few raisins, and, if desired, a few chopped pecans. Pack into a mould lined with lady fingers, or macaroons and lady fingers, and bury for two hours in three parts of cracked ice to one of rock salt. Unmould and serve with whipped cream. If desired, the flavours may be omitted, a blending of commercial sherry and rum extracts being used.

Neapolitan Ice Cream

This is popularly known as a mixture of creams moulded together, as vanilla, strawberry, and pistachio; as a matter of fact, the term really means a cooked rich custard cream. The French ice cream given in this book could well be called Neapolitan.

Bombe Glacé

Desserts of this type present a very elaborate appearance, but they may be easily made. They usually consist of two kinds of contrasting mixtures: one which is used to line the mould, the other to fill it. Charlotte russe, or any of the mousse, biscuit, or parfait mixtures given in this book, may be used for the centre.

It is not necessary to have the central mixture frozen, but that used for the lining must always first be frozen. If a bombe effect is desired, however, at short notice, both mixtures must be frozen.

Suitable combinations are:

1. Orange ice and chocolate marron parfait
2. Raspberry or currant ice and coffee parfait
3. Pineapple sherbet and peanut brittle biscuit
4. Chocolate frappé with a plain charlotte russe filling which may or may not be mixed with praline powder.

Baked Alaska

This unique dessert may be prepared individually or for service at the table. Place on a wooden board a thin layer of sponge cake cut an inch larger than a brick of ice cream. On this unmould a brick of ice cream, which must be frozen very hard, cover at once with a meringue (see section on Pies), spreading it thickly all over the cream, putting on the re-

mainder by means of a pastry bag and tube. Place in a hot oven to brown the meringue, transfer to a platter, and serve with a garnish of flowers.

If made individually, cones of ice cream may be placed upon rounds of sponge cake, the procedure being the same.

Ice-Cream Pie

Spread vanilla ice cream about two and one-half inches thick in the bottom of a shallow utensil having a tightly fitting cover, and from nine to twelve inches in diameter. Press a plate into the cream in such a way as to form an indentation in the centre to correspond to the hollow of a pie-crust shell; seal on the lid and pack in four parts of cracked ice and one of rock salt for an hour. At serving time turn out the mixture, plate and all, then turn it back on to the serving platter, lifting out the plate; heap the hollow place full of sweetened red raspberries or halved and sweetened strawberries, decorate quickly with sweetened whipped cream put on by means of a pastry bag and tube, or dust the edges of the ice-cream pie with chopped pecan nut meats or toasted almonds to simulate a baked effect. Serve on a large round platter; cut at the table, pie fashion.

Ice Cream Meringues

For meringue shell recipe see section on cakes.

Butterscotch Meringues

Fill meringue shells with vanilla ice cream and arrange on individual plates. Pour over cold or hot butterscotch sauce and garnish with sweetened whipped cream put on by means of a pastry bag and tube.

Tutti-Frutti Meringues

Follow the recipe for butterscotch meringues, using chocolate or nut ice cream, and substituting tutti-frutti sauce made by adding to a cupful of simple syrup while hot three-fourths cupful of candied pineapple, candied cherries, or glacé apricots, candied orange peel, plump raisins, and shredded dates.

Coffee Nut Meringues

Fill meringue shells with coffee parfait and serve with coffee butterscotch sauce, a garnish of whipped cream, and coarsely chopped pecan, walnut, or toasted almond nut meats.

ICE CREAM SUNDAES

Many combinations of ice cream with syrup, sauce, nuts, or fruits may be used for parties, refreshments, afternoon affairs, or for home luncheons or dinners, a sauce or fruit making the ice cream go farther and lessening the richness. A quart of ice cream extended with such a sauce will serve eight or nine people. Recipes for sauces will be found under Dessert Sauces.

Suitable combinations are:

Honey Walnut Sundae

Pour honey over vanilla ice cream; sprinkle plentifully with chopped walnut meats.

Chocolate Nougat Sundae

Vanilla ice cream served with chocolate-fudge sauce into which a little marshmallow cream, some chopped almonds, and pistachio nut meats have been stirred.

Maple Hazelnut Sundae

Vanilla, maple, or coffee ice cream, served with maple syrup cooked down until thick, to which chopped hazelnut meats have been added. Strew over a few coarsely broken hazelnut meats and top with whipped cream if desired.

Caramel Walnut Sundae

Vanilla or coffee ice cream served with caramel sauce, finely chopped walnut meats being strewn over the top.

Fudge Marshmallow Sundae

Vanilla or chocolate ice cream, or a combination of both, served with fudge sauce, into which halved marshmallows have been stirred while it is still warm.

Mocha Fudge Sundae

Use both coffee syrup and fudge sauce in making up a plain vanilla ice-cream sundae; decorate with whipped cream.

Cherry Biscuit Sundae

Use any plain cream or biscuit mixture, serving it with maraschino cherries, chopped walnuts, raisins, and currants, which have been allowed to stand in cherry-flavoured syrup twenty-four hours.

Butterscotch Sundae

Use vanilla or walnut ice cream with hot or cold butterscotch sauce and whipped cream.

Praline Sundae

Use any plain cream, biscuit, or parfait mixture; serve with whipped cream thickly sprinkled with praline powder.

Praline Powder

Caramelize two cupfuls of granulated sugar; when liquefied add one cupful of blanched almonds, stir them about, then cool the mixture; hard cakes will be formed; break or crack into small pieces, then chop or roll to a coarse powder.

Fruit Sundae

Strawberries, fresh pineapple, peaches, and other fruit sundaes may be made by combining the fruits after they have been pared and cut in bits with sufficient simple syrup (see section on Beverages) to cover; a little lemon or orange juice may be added if the fruit is rather flat in taste.

CHAPTER XXIX

CAKES, SMALL CAKES, AND COOKIES

(All measurements are level)

IT IS not the materials alone, nor is it the manipulation alone which makes good cake, but a careful combination of the two. Every cook book gives many cake recipes, but if these are analyzed it will be seen that the cakes themselves are closely related and belong to one of two families—(a) the sponge-cake family, (b) the butter-cake family. If one can make a good sponge cake and a good butter cake the entire field of cake making lies ahead, for the difference between one cake and another is more that of a slight change in consistency, flavouring, or filling and frosting than any basic variation in the actual cake batter itself.

A sponge cake is a very delicate cake of smooth, even texture, made light by eggs and by beating. A butter cake is made rich by the use of shortening, and light by eggs and usually a little baking powder, properly proportioned. The old-fashioned one-two-three-four cake is an excellent illustration of the butter-cake mixture. Such a cake may by the addition of a little extra flour be baked as a loaf cake; made a little thinner it is adaptable for use as a layer cake; while in between the two consistencies is a cup-cake batter. Vary the proportions a little, using fewer eggs, making up for their lack by the use of baking powder, and a butter cake better suited to everyday use results. Make the same mixture stiff enough to roll and there is the basis for various cookies. Beat yolks and whites of eggs together for a close texture, separate the two and beat the whites until stiff for a fluffy texture, entirely different. The essential ingredients for butter cake always remain eight—butter or a substitute, sugar, eggs, liquid, flour, salt, baking powder, and flavouring, while a sponge cake contains but seven—the same as for butter cake with the butter omitted.

Choosing the Ingredients for Cake Making

The ingredients used in cake making must be the best of their kind. It is never worth while to run the risk of spoiling good food by using something of uncertain quality. Butter which is a little rancid or eggs of second grade will absolutely spoil a cake. Let us then consider the ingredients in their order of use:

The Shortening

This may be butter, margarine, lard, solid vegetable fat, vegetable oil, or chicken fat, carefully rendered and strained. Years ago it was supposed that only butter might be used to make good rich cake, but experiment and research have proved that the other fats specified above may be used in whole or in part as substitutes for butter, and the average person finds it difficult to distinguish between a cake made of butter and one where half butter and half vegetable fat or all vegetable fat has been used. When either lard or vegetable fat or oil is used as the shortening in a cake where butter has been specified, add half as much more salt as the original recipe calls for, as these fats do not contain salt in themselves.

Do not make the mistake of "using up poor butter" in cake making; if it is poor for one use it is poor for another, and it is mistaken economy to spoil other good ingredients by the use of poor shortening; far better use the best substitute of its kind than a poor quality of a high-priced article.

The Sugar

We have here a choice of granulated, powdered, and brown. For most cake granulated sugar is best but it must be *fine* granulated, otherwise the cake is liable to be coarse in texture. Powdered sugar is very smooth but produces a cake which dries out quickly. Brown sugar makes a moist cake which has good keeping qualities. It is not, however, suitable for light-coloured or very light-textured cakes. For gingerbread, apple-sauce cake, and the old-fashioned cut-and-come-again cake it is decidedly the best to use.

The Eggs

The eggs must be of the best quality procurable. I have never been able to understand why a "cooking egg" need be any less good than an egg intended for frying or boiling.

The Flour

Pastry flour is preferable for cake making because it is less rich in gluten than spring wheat or bread flour. If it is not easily obtained mix bread flour with cornstarch in the proportions of two tablespoonfuls of cornstarch to one cupful of flour, sifting twice before using.

The Flavouring

This is one of the most important ingredients and perhaps the one of all others most abused. Good flavouring extracts are expensive in their first cost, but infinitely more economical in use than cheap flavourings. It is the old story of a little going a long way, and not only does a little good flavouring go further, but it imparts a delicacy to the cake far removed from the crude strong flavour of cheaper extracts. Do not confine yourself to the use of "the big three—vanilla, lemon, and almond," for there are many others equally if not more delicious, such as cherry, pistachio, rose, raspberry, coffee, etc. Two flavourings may be used in combination, and certain blending of ingredients seem to demand certain flavourings. If the cake contains fruit in any form, such as raisins, currants, etc., the flavouring should be of lemon or orange, or something that suggests fruit. A little grated orange or lemon peel enhances this combination. If the cake contains nuts, the best flavouring is vanilla, orange, or almond; for plain cake any preferred flavouring may be used; vanilla or cinnamon is best in a chocolate or cocoa cake and a blend of spices, with cinnamon predominating, may be used in a marble or spice cake. Any cake containing dates calls for lemon or orange, and a cocoanut cake is most delicious when flavoured with almond or vanilla.

The Baking Powder

This again is a most important ingredient, and many are the battles which have been fought in regard to it. All bak-

ing powders contain three main ingredients—an acid, an alkali, and a filler. The alkali is always soda, the filler some form of flour or starch, while the acid ingredient is the one determining the character of the baking powder. The two acids we can depend on are cream of tartar and phosphate, one or the other of these being used in all the high-grade baking powders, and both being entirely reliable. Neither cream of tartar nor phosphate baking powders impart any taste, whereas what is popularly known as "the baking-powder taste" is very easily distinguished when a cheap alum baking powder is used. Alum is used only in low-grade baking powders and should be condemned in all state laws.

The Fruit

No preparation is needed for prunes, dates, or figs other than the removal of the pits in the first two and the cutting up of the fruit into convenient-sized pieces. If currants and raisins of reliable brands are purchased in cartons they are usually clean. If, however, there is any question, sprinkle the fruit with dry flour, rub in a cloth, then examine and discard any foreign substances, or wash in tepid water, remove any stones, seeds, or stems and dry in a very cool oven. Seeded package raisins should not be washed, as in the process of seeding the fruit must be opened and washing would remove much nutriment.

Nut Meats

Any preferred nut meat may be used interchangeably from the plebeian peanut to the plutocratic pecan or pistachio. Where much cake making is done, broken nut meats may be bought at a much lower price than whole nuts. I am sometimes asked if it is not extravagant to buy shelled nuts for use in cooking. If perfect nuts are purchased they are quite costly, but broken nuts cost little more, pound for pound, than if bought in the shell and cracked at home.

Nuts should be purchased in small quantities as they quickly turn rancid.

Angelica

This is used for decorating cakes and is the crystallized stalk of a plant of the rhubarb family growing exten-

sively in many parts of Europe. It is a delicate green in colour.

The Choice of Cake

The length of time cake must be kept is a determining factor in the choice. If to be eaten at once it is not necessary to make it as rich as when it is to be kept for some time.

The richest of all is Pound Cake, and because of the consequent keeping quality it may be made in fairly large quantities and kept in a tin box closely covered. Fruit cake belongs to the same class and requires the same treatment, while among the cheaper cakes apple-sauce cake and war cake keep well.

There is no reason why the family should be required to eat one kind of cake meal after meal. Why not divide the batter into two portions, keeping one part plain for immediate use and enriching the other with fruit or nuts for subsequent use. Or, divide it into three portions, bake one as cup cakes, another as layer cake, and the third as fruit cake. The layer cake should be eaten first, the cup cakes dipped into frosting so that they will retain their moisture, and the fruit cake reserved for later use.

When a cake is to be divided into three portions double the recipe.

Finishing a Cake

Sprinkling with Nuts or Fruit

Sprinkle over the cake batter just before it is put into the oven finely chopped nuts, grated cocoanut, or a little chopped candied peel or crystallized fruit, pressing these slightly into the cake batter. This may be done with loaf or cup cakes or cookies.

Dusting with Powdered Sugar (after Baking)

A loaf or layer cake may be dusted generously with powdered sugar. A barred criss-cross effect is given by laying a wire cake-cooler lightly on the cake, then sifting the sugar over the surface. The portions of the cake touched by the cooler remain unsugared.

Covering with Whipped Cream

Cake may be covered with plain or slightly sweetened whipped cream or whipped cream flavoured and coloured with coffee or chocolate. A whipped-cream topping may be slightly stiffened with dissolved gelatine (see section on Dessert Sauces).

Covering with Icing or Frosting

See section on Cake Icings.

Fillings

Layer cakes may be put together with frosting, jam, jelly, sweetened fruit, canned fruit, or a cooked filling such as cream, lemon, chocolate, etc.

Decorating a Cake

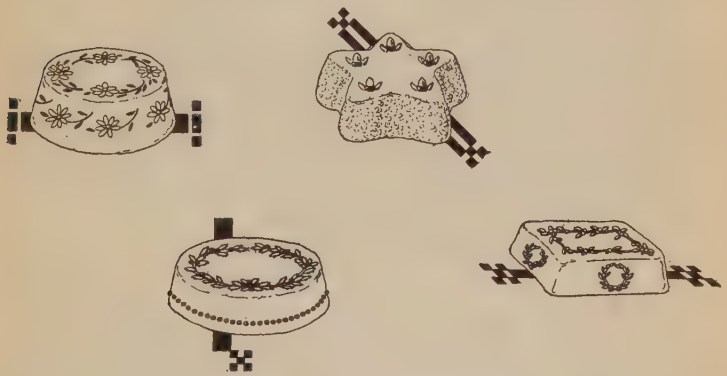
Iced cakes may be further decorated with ornamental icing (see section on Icings) or with tiny candies, crystallized fruits, raisins, cherries, etc.

A Few Simple Yet Effective Methods of Decorating Plain Frosted Cakes

1. Daisies of split toasted almonds, centres of yellow candies, and leaves and stalks of sliced citron or angelica.
2. Sprays of holly, the berries of tiny red candies, the leaves of citron.
3. Crystallized cherries cut into strips for flower petals, tulips, for example, the leaves of long strips of citron.
4. Acorns made by dipping the ends of almonds into melted chocolate, then into finely chopped nuts, these being formed into sprays with leaves of citron.
5. For small cakes for children's parties paint faces on the plain white frosting with a brush or toothpick dipped into melted chocolate.
6. Mistletoe represented by white candies and halved pistachio nuts on a coloured frosting.
7. Sprinkle the frosting while still soft with chopped nuts or desiccated cocoanut, plain or toasted.

The Food Value of Cake

The place of a cake in the menu often determines the way it is to be finished. Do not make the mistake of looking on cake merely as an accessory, for it has a very definite food value which should be considered when planning the meal. If the protein is scanty let it be further introduced in the dessert course by serving a cake enriched with nuts; if, on the



Some attractive cake decorations

other hand, a cake is designed for service as an accompaniment to rich ice cream it should be a plain sponge cake which contains no fat.

If layer cake is planned as the main part of the dessert it is unnecessary to accompany it with anything except perhaps fruit or fruit cup to give an acid touch.

Illustrative Menus

Corn Chowder
Whole-Wheat Crackers Butter
Fruit Salad
Sponge Cake Tea

Bouillon
Stuffed Tomato Salad French Dressing
Crackers or Rolls Butter
Nut Cake Sliced Peaches
Coffee

Making a Cake

The proper order of procedure in making any cake is as follows:

1. Read the recipe carefully.
2. Prepare the pans.
3. Assemble the ingredients.
4. Assemble the utensils.
5. Prepare the oven.
6. Measure the ingredients and make the cake.

It is quite essential that these steps be followed in the order given, each being relatively important to the next. Reading the recipe gives the worker an intelligent grasp of what is to be done and how, and as some cakes might be spoiled if kept waiting before baking, it is obvious that the next point in order is the preparation of the cake pan: the reasons for the remaining steps are self-explanatory.

Mixing a Butter-Cake Batter

The mixing should be done sitting down. Measure the shortening; if very hard, the mixing bowl should first have been warmed with hot water, but *the fat itself should not be melted.* The shortening should then be creamed or beaten, until soft, preferably with a flat wooden spoon; the sugar then worked into it, flavouring added, and then the egg yolks or the whole eggs, well beaten, according to the recipe.

Sift the flour, measure and put back in the sifter with the salt and baking powder. Measure the liquid in the cup used for the fat. Put a little of the flour into the cake mixture, stir in some of the liquid, and proceed in this way until all is in. The direction in which you stir makes no difference. Then fold in the egg whites, whipped until stiff, with an over-and-over motion, if they are to be added last. They should be beaten until the mixture will remain in the bowl when inverted.

The cake should then be put in the pan, the mixture being made higher at the edges and corners to insure even rising. It is then ready to be baked.

Mixing a Sponge-Cake Batter

In sponge cakes in which no shortening is employed an entirely different method of manipulation is required. For

some sponge cakes the egg yolks and sugar are beaten together until very light, the flavouring added, the flour and salt, well sifted, gently folded in, and the whites of the eggs, which have been beaten until stiff and dry, folded carefully into the cake batter last of all. Or in some instances the whole eggs, yolks and whites together, are beaten with the sugar. The first method gives a cake which is lighter than that made by the second but the cake will dry out more quickly.

An egg-beater of the whisk type is preferable to one of rotary or Dover style due to the fact that with the whisk more air is incorporated into the mixture, making it lighter and fluffier in texture. A large bowl should be used in making sponge cake to allow plenty of room for long sweeping strokes of the beater. A very delicious and firm smooth sponge cake is sometimes made by cooking the sugar with a little water until it threads—230 degrees F.—then pouring this over the thoroughly beaten yolks of eggs, adding the flour and the whites of eggs beaten until stiff.

Preparing the Cake Pans

Ordinary layer-cake pans should be oiled, a brush being used for this purpose, every crevice and corner receiving its share of the oil. If this is thoroughly done there should be no difficulty in removing the cake after baking. A smooth surface texture is secured by dusting the pan thickly with flour after oiling, then tapping it sharply on the table to remove any loose particles of flour, or fine granulated sugar may be used instead of the flour, the loose particles being removed in the same manner.

Cakes containing a large amount of sugar or molasses will burn more readily than the less sweet varieties. To avoid this, line the pan with waxed or oiled paper.

Patented cake pans having removable bottoms or slides in the sides in which a knife can be inserted to loosen the cake after the baking require no preliminary preparation. The cake batter is poured into them, then baked and cooled, after which a knife is inserted and passed round the sides of the cake to loosen it and the entire cake lifted from the pan still resting on the removable bottom. The knife is passed quickly between the bottom disc and the cake. If patent pans with

side slides are used, the cake is cut loose from the sides of the pan, then the flat blade of the knife is inserted between cake and pan, after which the whole thing is inverted and the pan lifted from the cake rather than the cake from the pan.

Filling the Pans

Have the cake pans less than two thirds filled with batter. For layer and loaf cakes spread evenly over the surface of the pan, pressing it well into the corners, and have the batter a little thicker round the sides of the pan than in the centre. As the tendency of cake batter is to rise more in the centre than at the sides this procedure will insure a smooth, even surface after baking.

Baking a Cake

The first rule to be remembered in cake baking, as indeed in all other baking, is that infinitely more food is spoiled by the use of too much heat than by too little. Large cakes require a slower oven than small ones. Gentle slow baking results in lighter cake, a delicately browned surface, and smooth fine grain. Always place cakes in the lower part of the oven at first, that the under heat may help them to rise to their fullest height before browning. If put on the upper shelf the heat thrown down forms a crust which prevents proper rising.

The time of baking may be divided into three periods of equal length. During the first the oven should be only moderately hot to allow the cake to rise, during the second the heat may be increased to form a crust and brown the surface, and during the third and last it should again be reduced to thoroughly cook the cake to the centre.

To find out whether a cake is done, insert a metal or straw tester gently in the centre of the cake, leave it a second, then withdraw. If it comes away perfectly clean the cake is sufficiently baked, but if it is at all sticky continue the baking for a few minutes longer.

When done, cake shrinks from the sides of the pan, and springs back if lightly touched. It gives forth no steaming or crackling sound.

Time Table for Baking Cakes

Cake	*Time*	*Oven Temperature*
Sponge		
In deep loaf-cake pan	45–60 minutes	350–375°F
In shallow pans	30–40 minutes	350–375°F
Layer	20–30 minutes	350–400°F
Loaf cakes (butter)	45–60 minutes	350–375°F
Pound cake		
In deep pan	1¼–1½ hours	350°F
Fruit cake (large)	2–4 hours, according to size	350°F
Cup cakes	15–25 minutes	375°F
Cookies	5–12 minutes	375–400°F
Shortbread		
In shallow pans	¾–1 hour	350°F

Cake-Baking Hints

1. Cake should never be moved in the oven until it has reached its fullest height.

2. If cake appears to be browning too rapidly reduce the heat and cover the cake with a sheet of paper.

3. If cake habitually bakes too quickly on the bottom, set the pan containing it in another pan, which may, if desired, be partly filled with sand, this being a non-conductor of heat.

4. The oven may be cooled quickly if necessary by putting a pan of cold water into it.

5. A cake which cracks open during the baking indicates either that too much flour has been used in it or that it has been baked in too quick an oven and is therefore browned before it rises to its fullest height.

6. A coarse-textured cake denotes the use of too much baking powder or of insufficient beating.

7. A cake which falls after baking indicates too little flour, too much shortening, or that it was removed from the oven before being thoroughly cooked.

8. A wire cooling rack or tray will be found very useful for cooling cakes, cookies, and biscuits, and indeed all baked products. Being slightly raised on wire feet it allows a current of air to pass all round whatever is placed on it, so that there is no soggy under-surface caused by collected moisture. A very good substitute is a wire oven shelf rested on four cups or muffin pans.

The Service of Cake

A handsomely decorated cake should be served whole and cut at table, a birthday cake, of course, being cut by the one whose birthday is being celebrated. The candles should indicate the number of years with one additional to "grow on." Cake boards are obtainable with holes in which the candles can be inserted round the cake giving the effect of a wreath of light and avoiding the objection of the melted wax running into the cake frosting. Such cakes should be cut with a silver knife.

Regulation cake knives are double edged—sharp on one side and saw-like on the other. Such a knife is especially useful for a cake with ornamental icing which is somewhat hard.

Plain cake may be cut into slices in the pantry and served in a silver cake basket or in an ornamental dish with a handsome lace doily.

Both loaf and layer cakes cut to better advantage if baked in a square pan. If round pans are used for layer cakes a good way to serve them is to make a cut right through the centre, divide the cake into halves, then cut slices from either side, and push the two remaining portions together after the meal is finished to keep the cake moist for the next serving.

SPONGE CAKES

Sponge Cake

6 eggs
1 cupful sugar
½ teaspoonful salt
1 cupful bread flour
1 teaspoonful vanilla or other desired flavouring

Separate the whites from the yolks of the eggs, beat the whites until stiff and dry, the yolks until thick. Add the sugar gradually to the yolks of eggs, beating until the mixture is very light and fluffy. Add the flavouring, then blend in the whites of eggs carefully. Sift the flour and salt three times and fold in gently. Turn at once into a good-sized loaf-cake pan which has been well oiled, dusted with powdered sugar, and the loose sugar thoroughly shaken out. Bake about one hour, having the oven moderately hot to begin with, then

increasing the heat to 375 degrees F. when the cake is about half done; lower it toward the end of the baking so that it may not become too dark a colour.

Filled Sponge Cake

Remove the centre from a sponge cake baked as directed and cover the top and sides of the cake with boiled or fluffy frosting. Sprinkle generously with grated cocoanut and fill with slightly sweetened and flavoured whipped cream just before serving.

Filled Chocolate Sponge Cake

Substitute a chocolate frosting for the boiled frosting in the above recipe and fill with whipped cream as directed.

Jelly Roll

3 eggs
1 cupful sugar
3 tablespoonfuls water or milk
1 teaspoonful baking powder
1 cupful bread flour
$\frac{1}{3}$ teaspoonful salt
1 teaspoonful flavouring extract
Jam or jelly

Beat the eggs and sugar together until quite thick, add the water or milk and the extract, then the flour, salt, and baking powder sifted together. Fold these in very gently, turn the cake batter into a large shallow pan lined with oiled paper, spread smooth, and bake in a quick oven—375 degrees F.—about twelve minutes. Turn upside down on to a cloth or sheet of heavy paper, thoroughly sprinkled with sugar, tear off the oiled paper and spread the cake with the jam or jelly. Roll up quickly and when cold trim the ends.

Portsmouth Orange Cake

4 eggs
$1\frac{1}{2}$ cupfuls sugar
$\frac{1}{2}$ cupful hot water
$1\frac{1}{4}$ cupfuls sifted bread flour
1 teaspoonful baking powder
$\frac{1}{3}$ teaspoonful salt
Grated rind $\frac{1}{2}$ orange

Beat the eggs with half the sugar until they thicken; add the water and the remaining sugar and beat again. Put in the grated orange rind, then the flour sifted with the salt and baking powder, folding in gently. Bake twenty minutes in layer-cake pans in a moderately hot oven—350–375 degrees F. Fill and cover with Portsmouth orange frosting.

Mocha Cake

Prepare any sponge-cake mixture, baking it in layers, and put together with mocha frosting, or bake the cake mixture in a small dripping pan so that the loaf will be about one and one-half inches thick. Cover with mocha frosting; when set, decorate with more mocha frosting, using a pastry bag and tube, putting it on so that a rosette will come in the centre of each square when cut.

Caramel Almond Cake

1 cupful sugar
⅓ cupful water
4 eggs
1 scant cupful bread flour
⅓ teaspoonful salt
⅓ cupful blanched almonds
10 drops almond extract
Caramel frosting
2 tablespoonfuls cornstarch

Boil the sugar and water together until they thread—if using a candy thermometer this should register 230 degrees. Then pour slowly over the yolks of the eggs which have been beaten until thick. Beat steadily, using a whisk rather than a rotary beater, until the mixture is cold. Add the extract, the flour, cornstarch, and salt sifted together and when well blended fold in gently the whites of the eggs beaten stiff. Bake either in a shallow well-oiled loaf pan or in individual pans in a moderate oven—350 degrees F.—if the former about three quarters of an hour, if the latter from twenty to twenty-five minutes. Cover with caramel frosting and decorate with split blanched almonds.

Sunshine Cake

Whites of 7 eggs
Yolks of 5 eggs
1¼ cupfuls granulated sugar
1 cupful bread flour
½ teaspoonful salt
⅓ teaspoonful cream of tartar

Beat the whites of the eggs until stiff and the yolks until thick and lemon-coloured. Add the cream of tartar to the whites and beat well. Then add the sugar and blend with the beaten egg yolks. Sift the flour and salt twice, fold lightly into the cake, turn into a large unoiled angel-cake pan and bake thirty-five to forty minutes in a moderate oven —350 degrees F.

If preferred, the cake batter may be baked in muffin pans (about twenty minutes) and covered with boiled frosting.

Angel Cake

Whites of 8 eggs
1 cupful granulated sugar
⅔ teaspoonful cream of tartar
¾ cupful pastry flour
1 tablespoonful cornstarch
⅛ teaspoonful salt
½ teaspoonful flavouring

Beat the whites of eggs until so stiff that they remain stationary even when the bowl containing them is inverted. Add the flavouring, then the sugar, a little at a time, beating it well into the egg whites. Sift the flour, salt, cream of tartar, and cornstarch three times, fold very gently into the first mixture, turn carefully into a large unoiled angel-cake pan, and bake about three quarters of an hour in a slow oven—325 degrees F.—covering the cake with heavy paper during the first fifteen minutes of baking. When done leave the cake in the pan and invert it, resting the edges on two cups during the cooling, should it not be the kind of a pan with raised removable slides.

Angel Squares

Prepare angel cake as directed and bake it in a large shallow pan. Cut into squares when cold and dip in fondant icing. Decorate with halved nuts or crystallized flowers.

Angel Sandwiches

Prepare angel cake and bake as directed in a large shallow pan. Split and fill with whipped cream or marshmallow cream into which fresh halved sweetened strawberries or sweetened whole raspberries may be stirred, if desired.

Angel Cake with Cooked Syrup

4 tablespoonfuls boiling water
1½ cupfuls granulated sugar
1 cupful egg whites
⅛ teaspoonful salt
1 cupful bread flour
1⅛ teaspoonfuls cream of tartar
½ teaspoonful each vanilla and almond extract

Boil the sugar and water together until it threads, 230 degrees by a candy thermometer. In the meanwhile, beat the egg whites stiff, then whip the syrup into them as in making meringues. Beat in the vanilla and fold in the flour which has been sifted twice with the cream of tartar and salt. Pour into a prepared angel-cake pan or a long narrow pan, so the heat can penetrate quickly to the centre. Cover with

oiled paper for the first ten minutes and bake fifty minutes in a moderate oven—350 degrees F.

LAYER CAKES

Plain Layer Cake

Follow the directions for plain cake number two, baking the mixture in two large or three small layer-cake pans twenty to thirty minutes in a hot oven—375–400 degrees F. Put together with the desired icing or filling.

White Layer Cake

⅓ cupful butter or a substitute
1 cupful sugar
½ cupful milk
1¾ cupfuls pastry flour
½ teaspoonful salt
2½ teaspoonfuls baking powder
1 teaspoonful vanilla extract
Whites of three eggs

Beat the butter until light and creamy, gradually beating in the sugar. Add the milk and vanilla, then the flour, salt, and baking powder sifted together. Beat thoroughly, then add the whites of the eggs whipped until stiff. Bake in oiled layer-cake pans about twenty minutes in a moderately hot oven—350–375 degrees F.

Marshmallow Cake

1 cupful butter or a substitute
2 cupfuls sugar
3 eggs
1 cupful milk
3½ cupfuls pastry flour
3 teaspoonfuls baking powder
½ teaspoonful salt
Grated rind of ½ lemon
2 teaspoonfuls lemon juice

Beat the shortening and sugar until light, add the eggs, thoroughly beaten, next the milk, lemon rind and juice, then the flour, salt, and baking powder, sifted together. Divide into three portions, bake in three layer-cake pans in a moderate oven—350 degrees F.—about twenty-five minutes. When cold spread two layers with white frosting and embed in the frosting marshmallows halved or quartered. Put together and sift powdered sugar over the top, or put together with marshmallow cream and dust with powdered walnut meats.

If the cake is frosted while partly warm the marshmallows will soften and blend readily.

Orange Layer Cake

⅓ cupful butter or a substitute
1 cupful sugar
2 eggs
Grated rind of 1 orange
1½ cupfuls pastry flour
1½ teaspoonfuls baking powder
¼ teaspoonful salt
½ cupful orange juice

Cream together the shortening, sugar, and yolks of eggs. Add the grated orange rind, then the dry ingredients sifted together alternately with the orange juice. Last beat the whites of the eggs until stiff, fold them into the mixture gently, and turn the batter into two well-oiled medium-sized layer-cake pans. Bake twenty to twenty-five minutes in a moderate oven—350–375 degrees F.

Prince of Wales Cake

½ cupful butter or substitute
1 cupful brown sugar
2 eggs
½ cupful molasses
1 cupful sour milk
1 teaspoonful ground cinnamon
½ teaspoonful ground nutmeg
¼ teaspoonful ground cloves
2½ cupfuls pastry flour
½ teaspoonful salt
1 teaspoonful baking soda

Cream the shortening and sugar until light, add the eggs, well beaten, then the molasses and sour milk. Sift and add the flour, salt, soda, and spices. Beat hard, turn into two oiled layer-cake pans and bake twenty-five to thirty minutes in a moderately hot oven—350–375 degrees F. Put together with white frosting to which one cupful of coarsely chopped seeded raisins has been added.

Chocolate Cream Layer Cake

½ cupful grated sweet chocolate or cocoa
3 tablespoonfuls sugar
½ cupful cold water
1½ cupfuls brown sugar
½ cupful butter or a substitute
⅔ cupful milk
2 eggs
2½ cupfuls pastry flour
½ teaspoonful salt
2 teaspoonfuls baking powder
1 teaspoonful vanilla

Put the chocolate or cocoa, the three tablespoonfuls of sugar, and the water together into a saucepan and boil thoroughly. Cream the brown sugar and shortening, add the eggs, well beaten, and when the cooked mixture is cool add it with the vanilla and milk and beat thoroughly. Sift the flour, salt, and baking powder, add to the first mixture, beat hard, then turn into two large oiled layer-cake pans and

bake about half an hour in a moderate oven—350 degrees F. Put together with chocolate cream filling.

Jam Cake

½ cupful drippings or butter substitute
⅔ cupful sugar
2 eggs
1 cupful jam or conserve
⅓ cupful milk
½ teaspoonful ground allspice
½ teaspoonful ground cinnamon
½ teaspoonful ground nutmeg
2 teaspoonfuls baking powder
½ teaspoonful salt
2 cupfuls pastry flour

Cream the shortening and sugar until light, add the eggs, well beaten, then the jam or conserve and the milk. Sift and add the flour, spices, baking powder, and salt. Beat well, then turn into two large layer-cake pans and bake in a moderate oven—350 degrees F.—about thirty minutes. When cold put together with plain white frosting.

Lady Baltimore Cake

1 cupful butter
2 cupfuls sugar
1 cupful milk
1 teaspoonful rose water
3 cupfuls pastry flour
3 teaspoonfuls baking powder
Whites of 5 eggs
¼ teaspoonful salt

Cream the shortening and sugar until very light, add the milk and rose water, then the flour, baking powder, and salt sifted together, and last of all fold in the whites of the eggs beaten until stiff. Bake in three oiled layer-cake pans in a moderate oven—350 degrees F.—about twenty-five minutes. Fill and cover with Lady Baltimore filling and frosting.

Baby Baltimore Cake

Prepare cake batter as for Lady Baltimore cake, bake in rather shallow oiled individual pans, and when cold split, spread with raspberry jam, put together, and cover with jam frosting.

Coffee Layer Cake

½ cupful butter or a substitute
1 cupful brown sugar
2 egg yolks
½ cupful molasses
2 cupfuls pastry flour
½ teaspoonful mixed spices
½ teaspoonful salt
2 teaspoonfuls baking powder
½ cupful made coffee

Beat the butter and sugar until creamy; add the egg yolks, then the molasses and coffee, and last of all the flour, spices,

salt, and baking powder sifted together. Bake in layers about twenty minutes in a moderate oven—350 degrees F.—and put together with uncooked frosting.

LOAF CAKES

Plain Cake Number One

¾ cupful sugar
4 tablespoonfuls butter or a substitute
1 egg
1¼ cupfuls pastry flour
½ teaspoonful salt
2 teaspoonfuls baking powder
½ cupful milk
3 tablespoonfuls cornstarch
1 teaspoonful flavouring

Beat the shortening until light and creamy, adding the sugar gradually. Put in the extract and beaten egg, then add alternately the flour, salt, baking powder, and cornstarch sifted together and the milk. Beat vigorously and bake in a well-oiled shallow loaf-cake pan, or in layer-cake pans, in a moderate oven—about 350 degrees F. If baked in a loaf, approximately three quarters of an hour will be needed; if in layers, from twenty-five to thirty minutes.

Plain Cocoanut Cake

Add one-half cupful of prepared cocoanut to the above recipe with two additional tablespoonfuls of milk.

Plain Raisin Cake

Add two-thirds cupful of seeded raisins cut into halves to the above recipe.

Plain Nut and Raisin Cake

Add one-half cupful of seeded raisins and one-fourth cupful of chopped nuts to the above recipe.

Plain Cake Number Two

⅔ cupful butter or a substitute
1 cupful sugar
2 eggs
½ cupful milk
½ teaspoonful salt
1⅔ cupfuls pastry flour
2 teaspoonfuls baking powder, scant
1 teaspoonful flavouring extract

Beat the shortening and sugar together until light and creamy; beat the eggs thoroughly, yolks and whites together, and add them with the flavouring to the first mixture. Sift

the flour, salt, and baking powder together and add alternately with the milk. Bake in a well-oiled shallow loaf-cake pan from thirty to forty minutes in a moderately hot oven—350–375 degrees F.

Plain Fudge Cake

Add two squares (ounces) of melted cooking chocolate to the above recipe, beating it in well after the batter is made.

Plain Marble Cake

Divide the batter into three portions, leave one plain, add one square (ounce) of melted cooking chocolate to the second portion and one-half teaspoonful of raspberry flavouring and two drops of red vegetable colouring to the third. Drop the mixture by alternate spoonfuls into the cake pan and stir very slightly to blend the different-coloured portions.

Washington Pie

Bake plain cake number two in two layers, spread raspberry jam between the layers, and sprinkle the top with powdered sugar.

Cream Pie

Bake plain cake number two in two layers and put cream filling (see section on Fillings) between the layers. Sprinkle the top with powdered sugar.

White Loaf Cake

½ cupful butter or a substitute
1⅓ cupfuls sugar
1 cupful milk
3 cupfuls pastry flour
Few grains salt
3 teaspoonfuls baking powder
1¼ teaspoonfuls vanilla
4 egg whites

Cream the butter, add the sugar, and cream until light and fluffy. Sift the flour, salt, and baking powder three times and add alternately with the milk to which the vanilla has been added. Last beat the whites of eggs until stiff and fold them in very gently. Bake in an oiled pan about three-quarters of an hour, having the oven moderately hot—350–375 degrees F.

Cocoanut White Cake

Add one cupful of shredded cocoanut to the above recipe.

Nut White Cake

Add one cupful of coarsely chopped nut meats, any kind except peanuts, to the above recipe.

Fruit White Cake

Add three-quarters cupful of halved raisins and one-quarter cupful of chopped citron to the above recipe, stirring the fruit into the flour after it has been sifted.

Fudge Cake

2½ squares (ounces) chocolate
½ cupful milk
1 egg
1 cupful sugar
2 tablespoonfuls butter or a substitute
Few grains salt
½ cupful milk (additional)
¾ teaspoonful vanilla
¾ teaspoonful soda dissolved in 1 teaspoonful boiling water
1⅛ cupfuls pastry flour

Grate the chocolate and melt it over hot water. Then add the first half cupful of milk mixed with the egg yolk, beaten, and stir like a custard until it thickens. Stir into this the sugar and butter or substitute, and transfer the mixture to a bowl. Add the vanilla, then the flour and salt sifted together and the milk. Lastly, beat in the soda and fold in the egg white beaten stiff. Transfer to a medium-sized oiled baking pan, and bake about forty minutes in a moderate oven—350 degrees F. Cover with fudge frosting.

Gold Cake

½ cupful butter or a substitute
1 cupful sugar
Yolks of 4 eggs
⅔ teaspoonful vanilla
2 cupfuls pastry flour
½ teaspoonful salt
1 teaspoonful baking powder
½ cupful milk

Beat the shortening and sugar until light and creamy; beat the egg yolks until thick and lemon-coloured, add them to the shortening and sugar with the vanilla. Sift the flour, salt, and baking powder and add these to the first mixture alternately with the milk. Bake in an oiled loaf-cake pan—if shallow, from thirty to forty minutes; if deep, from forty-five to sixty minutes, in a moderately hot oven—350–375 degrees F. Usually white cake is made at the same time as gold cake in order to utilize the left-over whites of eggs.

Golden Fingers

Bake gold cake in large shallow well-oiled pans and when cold cut into finger strips; then cover with lemon or orange frosting.

Golden Layer Cake

Bake gold cake in two layer-cake pans and put together with cocoanut filling; then frost with cocoanut frosting.

Butter Sponge Cake

½ cupful butter
⅞ cupful sugar
Grated rind ½ lemon
1 tablespoonful lemon juice
½ teaspoonful baking soda
½ teaspoonful salt
1½ cupfuls bread flour
4 eggs

Cream the butter and add the sugar, then beat the two together. Add the lemon rind and juice, then the yolks of the eggs thoroughly beaten. Sift the soda, salt, and flour twice, add them to the mixture, and last of all fold in the whites of the eggs, beaten stiff. Turn into one large shallow loaf-cake pan or into individual cake pans, well oiled, and sprinkled with fine granulated sugar (be sure to tap the pans smartly on the table to dislodge any sugar which does not cling firmly to the oil). Bake in a moderate oven—350 degrees F.—if made in one large pan, about thirty-five to forty minutes; if in individual pans, about twenty to twenty-five minutes.

Black Chocolate Cake (or Devil's Food)

½ cupful butter or substitute
1 cupful brown sugar
2 eggs
⅔ cupful milk
2 squares (ounces) cooking chocolate
1¼ cupfuls pastry flour
2 teaspoonfuls baking powder
¼ teaspoonful salt
1 teaspoonful vanilla

Cream the butter, add the sugar, and work the two thoroughly together. Add the well-beaten egg yolks and the vanilla, then the chocolate melted over hot water, next the milk, and the flour, salt, and baking powder sifted together. Beat the whites of the eggs until stiff, fold them gently into the mixture, and bake the cake in a shallow well-oiled pan in a moderate oven—350 degrees F.—about three quarters of an hour. When cold frost with water frosting.

THE BIRTHDAY CAKE

The boy's smile is worth the trouble. The cake is decorated with pink, green, and silver candies

MARSHMALLOW LAYER CAKE AND MACEDOINE OF FRUITS

For dessert, or afternoon or evening refreshments

If desired, when the frosting is firm, melted sweet cooking chocolate may be poured in a very thin layer over it.

Half-Pound Cake

½ pound butter
½ pound sugar
½ pound pastry flour
5 eggs
1 teaspoonful rose extract
1 teaspoonful almond extract
¼ teaspoonful salt

Sift the flour and salt, beat the butter and sugar until very light and creamy, then add one fourth of the sifted flour, the flavourings, the eggs beaten until thick, and last, the remainder of the sifted flour and salt. Beat hard to insure a fine grain, turn into a loaf-cake pan lined with oiled paper, and bake in a slow oven—325 degrees F.—about one and three-quarters to two hours.

Marshmallow Lemon Cake

4 tablespoonfuls butter or a substitute
1 cupful sugar
1½ tablespoonfuls lemon juice
Grated rind of ½ lemon
⅔ cupful milk
1½ cupfuls pastry flour
½ cupful cornstarch
3 teaspoonfuls baking powder
¼ teaspoonful salt
3 egg whites

Cream together the butter and sugar, add the lemon juice and rind, then the milk, alternately with the flour, cornstarch, baking powder, and salt, sifted together. Last, fold in the egg whites beaten until stiff and bake in a well-oiled pan in a moderately hot oven—about 375 degrees F.—from half to three quarters of an hour. Cover with marshmallow frosting.

Caraway Seed Cake

½ cupful butter or a substitute
¾ cupful sugar
3 eggs
¼ cupful milk
2 teaspoonfuls baking powder
⅓ teaspoonful salt
2 teaspoonfuls caraway seeds
½ cupful finely chopped citron (optional)
1½ cupfuls pastry flour

Cream the shortening and sugar together until light, gradually add the eggs, well beaten, next, the milk and caraway seeds, also the citron if used, and last of all, the flour, salt, and baking powder sifted together. Beat thoroughly, turn into a small loaf-cake pan which has been thoroughly oiled, and bake in a moderate oven—350 degrees F.—from thirty to forty minutes. No frosting is necessary.

Sand Cake

1 cupful butter
1½ cupfuls sugar
5 eggs
1 cupful pastry flour
½ cupful water
¾ cupful cornstarch
½ teaspoonful salt
1 teaspoonful baking powder
1 teaspoonful vanilla or
1 teaspoonful lemon extract

Beat the shortening and sugar together until very light, add the water, extract, and yolks of eggs, well beaten, and continue beating after they are added. Sift together the flour, salt, cornstarch, and baking powder, add these to the first mixture, again continuing the beating. Fold in the whites of eggs beaten until stiff, turn into a loaf-cake pan which has been thoroughly oiled, then sprinkled with powdered sugar, and any loose sugar carefully shaken out. Bake in a moderate oven—350 degrees F.—about three quarters of an hour. It is the long, hard beating which gives sand cake its firm, smooth, even texture.

Sour Cream Cake

1 egg
1 cupful sugar
1 cupful sour cream
2 cupfuls pastry flour
¾ teaspoonful baking soda
1 teaspoonful flavouring
⅓ teaspoonful salt

Beat the egg thoroughly, add the sugar, and beat again until well mixed, then add the sour cream and flavouring and the dry ingredients sifted together. Bake in layers or in a loaf—if the former, from twenty to thirty minutes; if the latter, from forty-five to sixty minutes—in a moderately hot oven—350–375 degrees F. If made as a layer cake, fill with chocolate filling and frost with a chocolate or a white frosting.

Lightning Date Cake

2 cupfuls pastry flour
2 teaspoonfuls baking powder
½ teaspoonful salt
½ teaspoonful ground cinnamon
Slight grating nutmeg
⅔ cupful sugar
3 tablespoonfuls butter or a substitute
1 egg
⅔ cupful milk
1 cupful dates, stoned and cut into small pieces

Sift the flour, baking powder, salt, cinnamon, and nutmeg into a large bowl, add the sugar and the dates, make a hollow

in the centre. Melt the butter in a half-pint measuring cup, add the egg, and fill the cup up with the milk. Pour this mixture into the hollow in the flour and beat vigorously for two minutes. Bake in a large shallow oiled pan in a moderate oven—350 degrees F.—and cover with white frosting.

War Cake

1 cupful brown sugar
1½ cupfuls water
¼ cupful molasses
2½ cupfuls pastry flour
½ cupful shortening
4 teaspoonfuls baking powder
1½ teaspoonfuls mixed spices
¼ cupful candied peel
½ teaspoonful salt

Put the sugar, water, molasses, salt, and shortening into a saucepan and bring to a rapid boil. Cool, then add the flour, baking powder, and spices sifted together, and the candied peel. Beat thoroughly, turn into an oiled pan, and bake in a moderate oven—350 degrees F.—from three quarters to one hour.

Apple-Sauce Cake

1 cupful sugar
½ cupful butter or a substitute
1 cupful apple sauce
1 teaspoonful baking soda
2 cupfuls pastry flour
1 teaspoonful salt
1 cupful seeded raisins
¼ teaspoonful ground cloves
¼ teaspoonful ground nutmeg
1 teaspoonful ground cinnamon
1 teaspoonful ground ginger
½ cupful currants

Cream the sugar and butter until light, add the apple sauce with which the soda has been mixed, then the raisins and currants mixed with the flour, salt, and spices sifted together. Beat hard—the batter will become thinner as the process continues. Bake in a large oiled cake pan in a moderate oven—350 degrees F.—about one hour.

This cake will keep for several weeks and slices of it may be steamed, if desired, and served as a pudding with a hot fruit sauce.

Plum Cake

Substitute tart plum or greengage jam for the apple sauce in the above recipe, reducing the amount of sugar to three fourths of a cupful.

Everyday Fruit Cake

3 cupfuls pastry flour
3 teaspoonfuls baking powder
½ teaspoonful salt
1 cupful granulated sugar
1 cupful raisins
½ cupful currants
½ cupful candied peel
⅔ cupful drippings or butter substitute
2 eggs
⅔ cupful milk

Sift together the flour, salt, and baking powder, rub in the shortening with the fingers as for pie crust, add the raisins, currants, candied peel, and sugar, stir well and moisten with the well-beaten eggs and the milk. This will make a rather stiff cake. Bake in a moderate oven—350 degrees F.—from one to one and a quarter hours.

Spice Cake

⅔ cupful drippings or bacon fat
1 cupful sugar
1 cupful molasses
3 eggs
⅔ cupful sour milk
1 teaspoonful baking soda
4 cupfuls pastry flour
½ teaspoonful salt
2 teaspoonfuls ground cinnamon
½ teaspoonful ground cloves
½ teaspoonful ground nutmeg
2 cupfuls seeded raisins

Beat the bacon fat or drippings until creamy, add the sugar and molasses, and mix thoroughly. Beat and add the eggs, and when well blended, put in the sour milk in which the soda has been dissolved. Sift together the flour, salt, and spices, add the raisins, combine with the first mixture, and beat just enough to mix. Turn into a large shallow oiled pan and bake in a moderate oven—350 degrees F.—forty-five to fifty minutes.

Rich Dark Ginger Cake

½ cupful butter or a substitute
1 cupful molasses
1 egg
2 tablespoonfuls milk
2 cupfuls flour
1 teaspoonful baking soda
1 teaspoonful ground ginger
1½ teaspoonfuls ground cinnamon
⅔ teaspoonful salt

Heat the butter until hissing hot, pour into the molasses, stir until mixed, add the egg, well beaten, then the milk, and the flour, soda, spices, and salt sifted together. Do not beat the mixture, but stir just to blend the ingredients—this gives a darker gingerbread than one which is beaten. Bake in two shallow pans which have been well oiled, in a slow oven—325 degrees—about twenty-five minutes.

Bread Crumb Molasses Cake

3 tablespoonfuls bacon fat or butter substitute
¾ cupful boiling water
1 cupful molasses
1 teaspoonful soda
¾ cupful fine dry bread crumbs
½ cupful chopped raisins, optional
1 scant cupful entire-wheat flour
¾ teaspoonful salt
2 teaspoonfuls powdered ginger

Pour the boiling water over the bacon fat or butter substitute; then add the molasses into which the soda has been stirred. Next add the bread crumbs and raisins, and last, the flour, salt, and ginger sifted together. Beat well and bake in a small dripping pan lined with oiled paper or in small oiled muffin pans. If made in a loaf, bake thirty-five to forty minutes; if in individual pans, fifteen to twenty minutes in a slow oven—about 325–350 degrees F.

CAKES FOR OCCASIONS

Bride's Cake

1½ cupfuls butter
3 cupfuls sugar
5 cupfuls pastry flour
½ teaspoonful salt
8 eggs
1 cupful milk
1 teaspoonful almond extract
1 teaspoonful rose extract
3 teaspoonfuls baking powder

Sift together the flour, salt, and baking powder. Cream the butter and sugar until light, beat the eggs thoroughly and add them gradually, working in two or three spoonfuls of the sifted flour with them. Add the flavouring, milk, and the remainder of the sifted flour, salt, and baking powder. Beat hard and bake in one very large oiled loaf-cake pan in a slow oven—325 degrees F.—for three quarters of an hour, then increase the heat a little and finish the baking, which will take about one and one-half hours.

Put an inverted pan or a sheet of heavy paper over the top during the first half hour of baking to prevent browning too quickly.

If desired, the cake pan may be lined with oiled paper instead of being oiled.

When the batter for a bride's cake is put into the pan there should be embedded in it a new dime, a very tiny silver thimble, and a ring—the one receiving the coin will marry a rich man, the one getting the ring will be the next bride, while the

thimble indicates that its recipient will be an unappreciated blessing!

Frost with fluffy white frosting or boiled icing.

Wedding Cake

¾ pound pastry flour
½ teaspoonful salt
¾ pound butter
¾ pound brown sugar
2 pounds raisins
1 pound currants
½ pound citron
1 cupful grapejuice
8 eggs
½ cupful molasses
1 teaspoonful ground cinnamon
½ teaspoonful ground nutmeg
⅛ teaspoonful ground mace
⅛ teaspoonful ground cloves
½ pound almonds and other nut meats mixed

Seed the raisins, rub the currants with two tablespoonfuls of flour, then pick them over carefully, blanch the almonds, and chop them with the nuts coarsely. Cut the citron into dice and sift the salt and the spices together.

Beat the flour and butter together until creamy, beat the yolks of eggs until thick and lemon coloured and add the sugar gradually, also the sifted spices and salt, beating constantly. Then add this mixture to the flour and butter; next, work in the molasses, grapejuice, nuts, and fruit. Last of all fold in the whites of eggs, beaten until stiff, turn into one very large or two medium-sized cake pans which have been lined with oiled paper—three or four thicknesses on the bottom. Bake four hours in a moderate oven—350 degrees F.—covering the cake with oiled paper during the first hour of baking.

This cake improves with keeping and may be made months before it is needed.

Decorating a Wedding Cake

The day before using, the wedding cake should be iced with ornamental frosting (see section on Cake Frosting and Fillings) and decorated by means of the pastry bag and tube, or with crystallized orange blossoms (see section on Candies); commercial candied orange blossoms may be purchased at high-grade caterers.

Silver-Wedding Cake

Prepare wedding cake and finish with ornamental icing, with a further decoration of tiny silver candies. If possible, include a few crystallized orange blossoms in the decoration.

Golden-Wedding Cake

Prepare wedding cake, decorate with ornamental icing and crystallized orange blossoms, which will carry the golden note in their centres. Carry further by placing the cake upon a mat of gold paper and use a decoration on the tray of flowers or leaves of golden colour.

Birthday Cake

The recipe selected depends upon the person for whom the cake is being made. Only sponge-cake mixtures should be made for children up to ten years. After this, select a plain cake, pound cake, or bride's cake. The recipe for the last named is proportioned to make a large cake; all other recipes in this book should be doubled if a large cake is desired.

If the cake is to occupy the centre of the table, it may be arranged upon a birthday-cake board (see illustration) with candles surrounding it, or as many cup cakes may be made of the same mixture as the child is years old, the cup cakes being decorated to correspond and placed around the large cake, each bearing a candle.

Suggestive Decorations for Birthday Cakes

Children

1. Turtles, made of fat raisins and whole cloves on a background of white or yellow frosting; candles.
2. Candy mice, running around on a white background; tiny coloured candles.
3. Sweet chocolate animals appliquéd onto white, pink, or yellow frosting; candles.
4. Wreaths of crystallized violets and rose petals on a white background; candles.

Adults

Observe any of the suggestions given for the uses of ornamental frosting in the section on Cake Icings and Fillings, or those given for decorating cakes in the first part of this chapter. Whether or not candles are to be used depends upon the age of the person and the size of the cake!

Rich mixtures may be used, as Lady Baltimore cake, or

even wedding cake. It is a pretty custom to dispense with the large cake, serving each guest with a small cake, as baby Baltimore, beautifully decorated and bearing a lighted candle.

Old-Fashioned Election Cake

2 cupfuls bread dough
½ cupful butter or a substitute
1 egg
¾ cupful brown sugar
1 cupful mixed fruit—raisins, currants, citron
1 teaspoonful mixed spices

Take the dough when it is raised as for bread, work the butter or a substitute into it with the hand, then add the egg, well beaten, the fruit which has been cleaned by rubbing it in two tablespoonfuls of flour, then sifting and picking it over very carefully, and the spices. Beat all thoroughly together, turn into an oiled bread pan, cover, and let the cake rise for one hour. Bake in a moderate oven—350 degrees F.—and cover when cold with a boiled frosting.

TORTEN

Torte or Torten is a form of butterless cake usually made with bread or cake crumbs in place of flour and depending upon eggs and nuts for lightness and richness. Either very finely chopped nuts or grated or ground almonds are generally used in making them.

Bread Torte

1 cupful granulated sugar
6 eggs
1 cupful bread crumbs
Grated rind and strained juice of 1 lemon
½ teaspoonful ground cinnamon
⅛ teaspoonful ground cloves
⅛ teaspoonful ground mace
1 teaspoonful vanilla and almond extract mixed
½ cupful ground almonds

Beat the yolks of the eggs and sugar together until very light, add the lemon rind and juice, the ground almonds, spices, flavouring extract, and bread crumbs and stir thoroughly. Last beat the whites of the eggs until stiff, fold gently into the mixture, and bake in an oiled cake pan in a moderate oven—350 degrees F.—about half an hour.

Almond Torte

5 eggs
1 cupful sugar
⅔ cupful stale bread or cake crumbs
1 teaspoonful baking powder
1½ cupfuls finely chopped almonds

Beat the eggs very thoroughly with the sugar, beating until light and thick. Sprinkle in the almonds so as not to disturb the lightness of the mixture, then fold in the crumbs and the baking powder. Pour into a plain shallow baking pan and bake in a moderate oven—350 degrees F.—about one hour. Cut into layers and spread each with slightly warmed raspberry jam or with a rich thickened cream or custard filling. Sprinkle confectioners' sugar on the top layer of the torte.

COOKIES AND SMALL CAKES

Ginger Snaps

½ cupful butter or a substitute
⅔ cupful brown sugar
⅓ cupful molasses
2½ cupfuls pastry flour
½ teaspoonful salt
½ teaspoonful baking soda
1½ teaspoonfuls ground ginger
About ⅓ cupful milk

Beat the shortening and sugar together until creamy, add the molasses, and the dry ingredients sifted together, alternately with the milk. Chill for one hour, then roll out thin and cut into squares or rounds. Bake in an oiled pan in a moderate oven—350 degrees F.—from eight to ten minutes, and remove from the pan while the snaps are still warm.

Filled Ginger Snaps

Bake ginger snaps as directed and when cold put together in pairs with plain white frosting.

Hermits

½ cupful butter or a substitute
1 cupful brown sugar
2 eggs, well beaten
¼ teaspoonful soda
2 tablespoonfuls milk
⅓ teaspoonful salt
¼ teaspoonful nutmeg
½ teaspoonful cinnamon
½ teaspoonful cloves
Pastry flour to roll, 3 or 4 cupfuls
¾ cupful chopped raisins

Cream the shortening, beat in the sugar, the eggs, add the soda dissolved in the milk, stir in the spices, and add a cupful of sifted flour to the raisins. Stir them in, and then add flour till the mixture can be rolled. Roll one-fourth inch thick, shape with a cutter, and bake about twelve minutes in a moderate oven—350 degrees F.

Swedish Cookies

½ cupful butter or margarine
1 cupful sugar
Grated rind of 1 orange
1 tablespoonful orange juice
Yolks of 3 eggs
Pastry flour
Candied fruit or flowers, candies, or nuts

Beat the sugar and shortening until very light and creamy, add the orange rind and juice, then the egg yolks, and gradually work in enough flour to make a mixture firm enough to knead. Chill overnight, then roll thin, cut into fancy shapes, brush each cookie with slightly beaten egg, and decorate with angelica, citron, candied violets, rose leaves, or with finely chopped pistachio nuts, pressing these lightly into the dough. Bake ten to fifteen minutes in a moderate oven—350–375 degrees F.

These quantities will make a large number of cookies which will keep well if stored in an air-tight container.

Entire-Wheat Nut Cookies

3 cupfuls entire-wheat flour
⅔ cupful sugar
½ cupful hot water
⅔ teaspoonful salt
⅙ teaspoonful soda
¼ cupful butter or a substitute
½ cupful chopped nuts

Mix thoroughly the flour, sugar, salt, and nuts. Dissolve the soda and melt the butter in the hot water, add the flour mixture to this, beating until thick enough to handle, then knead. Roll out thin on a floured board, cut into rounds or squares, and bake on an oiled cookie sheet in a moderate oven—350 degrees F.—about ten minutes.

Cream Cookies

1 cupful sour cream
1¾ cupfuls sugar
½ teaspoonful salt
1 teaspoonful soda
½ teaspoonful nutmeg
6 cupfuls pastry flour
1 egg

Beat the egg light, dissolve the soda in one-half tablespoonful hot water, add to the cream, then combine with the sugar, egg, and salt.

Stir in the nutmeg and four cupfuls of the flour, add enough flour to make a dough that can be easily rolled. Roll a third-inch thick, shape with a cutter, dust with granulated

sugar, and bake in a hot oven—375 degrees F.—about eight minutes.

Raisin Cookies

Add one cupful of halved raisins mixed with the first cupful of flour in making sour cream cookies.

Oatmeal Ginger Cookies

½ cupful molasses
3 tablespoonfuls bacon fat or butter substitute
¼ cupful brown sugar
2 tablespoonfuls milk
1 cupful pastry flour
1 cupful oatmeal or rolled oats
½ teaspoonful salt
¼ teaspoonful soda
1 teaspoonful ground ginger

Heat the molasses, shortening, sugar, and milk combined. Sift together the flour, soda, salt, and ginger and add with the oatmeal or rolled oats to the first mixture. Cool, roll on a well-floured board, cut into cookies, and bake on an oiled pan about fifteen minutes in a moderate oven—350 degrees F.

Oatmeal Nut Cookies

Add one-half cupful of coarsely chopped nut meats, any kind, to the mixture with the dry ingredients.

Russian Wafers

1 cupful butter or margarine
1 cupful sugar
2 eggs
1 teaspoonful vanilla
2 cupfuls pastry flour
3 teaspoonfuls baking powder
½ teaspoonful salt
½ cupful finely chopped nuts
½ cupful sugar (additional)
¼ teaspoonful ground cinnamon

Cream the shortening and sugar, add the eggs well beaten, the vanilla, and the flour sifted with the salt and baking powder. Cover and leave overnight to become firm. Then roll thin on a slightly floured board, cut in fancy shapes, brush with beaten egg, and dip in the chopped nuts, sugar, and cinnamon which have been stirred together. Bake in a moderate oven—350–375 degrees F.—from eight to ten minutes.

If preferred, omit the nuts and sprinkle the wafers with sugar and cinnamon, placing a small piece of crystallized cherry in the centre of each.

DROPPED COOKIES

Buster Browns

⅓ cupful butter or a substitute
¾ cupful sugar
4 tablespoonfuls milk
2 eggs
⅛ teaspoonful salt
¾ cupful chopped nut meats
2 squares (ounces) melted chocolate
1 teaspoonful vanilla
1 cupful pastry flour

Cream the shortening, add the sugar gradually, then the milk, the well-beaten eggs, melted chocolate, and the flour and salt sifted together. Last add the nut meats and vanilla. Drop by teaspoonfuls on to shallow oiled pans and bake twelve to fifteen minutes in a moderately hot oven—350–375 degrees F. Or, add two additional tablespoonfuls of milk and spread the mixture in a shallow oiled baking pan, bake fifteen minutes, and when cold cut into squares.

Cocoanut Cookies

⅓ cupful butter or a substitute
¾ cupful sugar
3 tablespoonfuls milk
2 egg yolks
½ teaspoonful salt
1½ cupfuls pastry flour
2 teaspoonfuls baking powder
Grated rind ½ lemon
Shredded cocoanut

Cream the shortening, beat in the sugar, the egg yolks, and milk. Add the lemon rind, and stir in the salt, flour, and baking powder sifted together. Form into balls the size of a large walnut, place on well-oiled pans, two inches apart, sprinkle with the cocoanut, and bake about twelve minutes in a hot oven—375 degrees F.

Cocoa Drop Cookies

6 tablespoonfuls margarine or butter substitute
3 eggs well beaten
1 cupful sugar
1 tablespoonful milk
1 teaspoonful vanilla
2 cupfuls pastry flour
2 teaspoonfuls baking powder
3 tablespoonfuls powdered cocoa

Cream the shortening, beat in the sugar gradually with the cocoa, then add the well-beaten eggs. Sift and add the flour and baking powder alternately with the milk, and last of all add the vanilla. Drop by spoonfuls on to an oiled baking sheet, keeping the cookies an inch apart, as otherwise they will run together while baking. If desired, press half an

English walnut or a blanched almond or raisin into the centre of each cookie. Bake in a moderately hot oven—375 degrees F.—from twelve to fifteen minutes.

Cocoanut Jumbles

½ cupful butter or a substitute
1 cupful sugar
1 egg
1½ teaspoonfuls baking powder
¼ teaspoonful salt
2 tablespoonfuls milk
1 teaspoonful vanilla extract
Pastry flour to roll—about 2½ cupfuls

Cream the shortening, add the sugar, the egg well beaten, and the baking powder, milk, and vanilla, with enough flour to roll. Roll very thin, shape with a doughnut cutter, brush over with slightly beaten egg, dust with granulated sugar and shredded cocoanut, and bake about eight minutes in a quick oven—375 degrees F.

Orange Rock Cakes

⅔ cupful butter or a substitute
⅔ cupful sugar
2 eggs
3 cupfuls pastry flour
3 teaspoonfuls baking powder
⅓ teaspoonful salt
Grated rind of two oranges
Strained juice of 1 orange

Cream the shortening and sugar, add the eggs, one at a time, then the flour, salt, and baking powder which have been sifted together, and the orange rind and juice. If too stiff, a little additional juice or milk may be added, but the cakes must be stiff so as to keep their shape. Drop by teaspoonfuls on to an oiled pan and bake in a quick oven—375 degrees F. —about ten minutes.

Brown Sugar Dropped Nut Cookies

1 cupful light brown sugar
½ cupful butter or a substitute
½ cupful milk
2 eggs
½ teaspoonful vanilla
2 cupfuls pastry flour
½ teaspoonful salt
2 teaspoonfuls baking powder
¾ cupful chopped nut meats

Stir the shortening until creamy, add the sugar, vanilla, and eggs well beaten. Stir in the milk and then the flour, baking powder, salt, and nut meats, well mixed. Drop by teaspoonfuls on to a well-oiled cookie sheet, keeping the cakes an inch and a half apart to allow for spreading. Top each with a half walnut and bake from twelve to fifteen minutes in a hot oven—375 degrees F.

Rich Drop Cookies

½ cupful butter or a substitute
1 cupful sugar
1 egg yolk
4 tablespoonfuls milk
2 cupfuls pastry flour
3 teaspoonfuls baking powder
¼ teaspoonful salt
½ teaspoonful any desired flavouring

Cream the shortening, add the sugar, and the egg well beaten. Sift together the flour, salt, and baking powder and add alternately with the milk. Last, add the flavouring and beat thoroughly. Drop by teaspoonfuls three inches apart on a well-oiled cookie sheet and bake twelve minutes in a moderately hot oven—350–375 degrees F.

Rich Nut Cookies

Add one cupful of chopped nut meats, any kind.

Rich Raisin Cookies

Add two-thirds cupful of chopped raisins.

Rich Citron Cookies

Add two-thirds cupful of finely minced candied citron.

Rich Caraway-Seed Cookies

Add one teaspoonful of caraway seeds.

Rich Cardamom-Seed Cookies

Add two-thirds teaspoonful of powdered cardamom seeds.

Rich Anise-Seed Cookies

Add two-thirds teaspoonful pulverized anise seeds.

Rich Chocolate Cookies

Add four tablespoonfuls of melted chocolate.

Oaten Nut Macaroons

2 eggs
⅔ cupful sugar
2 tablespoonfuls melted butter or a substitute
¼ teaspoonful salt
Grated rind of 1 orange
3 tablespoonfuls orange juice
½ cupful chopped nuts
3 scant cupfuls rolled oats

Beat the eggs and sugar together until very light, add the melted shortening, salt, orange rind and juice, and nuts, then work in the rolled oats and drop in small pyramids on a well-oiled baking pan. Bake in a slow oven—325–350 degrees F.—about fifteen minutes.

Chinese Almond Cakes

4 cupfuls pastry flour
2 cupfuls butter or 1 cupful each of butter and margarine
1½ cupfuls sugar
1 teaspoonful almond extract
Blanched almonds
½ teaspoonful salt

Work the flavouring into the shortening, then rub this very thoroughly into the flour. Add the sugar and salt and knead and work to a paste. No moisture will be required. Form into a thick roll, cut into slices half an inch thick, lay these one inch apart on a slightly oiled pan, press half a blanched almond into each cake, and bake half an hour in a moderate oven—not over 350 degrees F.

Scotch Shortbread

1½ cupfuls pastry flour
½ teaspoonful salt
½ cupful cornstarch
1 cupful butter
½ cupful sugar

Sift the flour, salt, and cornstarch together twice, rub in the butter with the hands, then work in the sugar, continually kneading and working until the dough is fine and smooth. Press out three quarters of an inch thick, cut into cakes, crimp the edges with the fingers, and lift carefully on to a baking pan, or if preferred, press the dough into a pie plate. If desired, decorate with "hundreds and thousands" or chopped nut meats and bake in a slow oven—not over 350 degrees F. —from half to three quarters of an hour.

If desired, the shortbread may be flavoured with a dash of nutmeg or a little grated orange rind, but generally the Scotch add no flavouring at all.

Almond Shortbread

Add one-half cupful of finely chopped blanched almonds to the shortbread after the batter is thoroughly worked, then press a few split almonds into the top of the shortbread just before it is put into the oven to bake.

Bishop's Bread

4 eggs
½ cupful sugar
¾ cupful pastry flour
⅓ teaspoonful salt
½ teaspoonful anise-seed extract or pounded sifted anise seed
⅔ teaspoonful baking powder

Beat the yolks of the eggs until thick and lemon-coloured, add the sugar, and beat five minutes longer. Sift and add the flour, baking powder, and salt, then the anise extract or pounded seed. Last, fold in the whites of eggs beaten until stiff. Bake in a well-oiled shallow pan in a slow oven—325–350 degrees F.—about three quarters of an hour. Next day cut the cake into three-quarter-inch slices and bake in a cool oven until delicately browned. If desired, the slices may be dusted with powdered sugar before baking.

Marguerites

Saltine crackers Marshmallows
Nuts or candied fruit

Place the crackers side by side on a shallow baking pan, put a marshmallow on each and bake in a moderate oven—350 degrees F.—until the marshmallows soften and partly melt. Then press a piece of nut or candied fruit into the centre of each.

Meringue Kisses

Drop any of the three meringue mixtures (see directions in section on Pies) by teaspoonfuls on to an inverted baking pan which has been moistened and covered with a sheet of white paper, or force the meringue through a pastry bag on to the paper. The kisses may be placed an inch apart; if properly made they will not spread. Bake in a very cool oven—250–275 degrees F.—about half an hour.

Meringue Shells

Prepare the mixture for French or Italian meringue. Tack a smooth piece of waxed paper on to a baking board and on it draw circles, two inches apart, about two and one-half inches in diameter. On these spread the meringue mixture, or put it on by means of a pastry bag and tube; place in a slow oven and bake according to preceding directions.

To Use Meringue Shells

A little uncooked mixture will often remain in the centre; scoop it out and fill with sweetened flavoured whipped cream containing a little gelatine, if hot weather (see directions for making Charlotte Russe cream with gelatine), or fill with ice cream; a second meringue shell may be used as a top if desired.

Chocolate Meringue Shells

Follow the directions for plain meringue shells, adding one and one-half tablespoonfuls of cocoa to the egg whites while beating.

Raspberry Meringues

Make the meringue shells flat and put two together layer-cake fashion with raspberry jam and a little whipped cream.

MACAROONS

Macaroons are really a form of kisses enriched by the addition of finely chopped or pulverized nuts or almonds or almond paste. Or the kiss mixture may be enriched by the addition of chopped stoned dates or chopped seeded raisins. Then there are the little plainer cakes known as oatmeal macaroons, strongly flavoured with almond, which make a very good substitute for the exceedingly rich regulation macaroons.

Almond Paste

This can be prepared at home by pounding the nuts in a mortar with a pestle. The nuts must be blanched, then carefully dried, and while the pulverizing process is going on, a few drops of rose water must be added from time to time to prevent the nuts oiling, for almonds are very rich. The work is tedious and slow; a much quicker method is to purchase almond paste ready prepared. This can be obtained in pound cans and is all ready to have the sugar added. It will keep for considerable time in a cool place even after being opened.

Macaroons

Whites of 2 eggs
¼ pound almond paste or home-ground almonds
⅛ teaspoonful salt
⅔ cupful powdered sugar

Work the sugar into the almond paste or ground almonds, then gradually add the whites of eggs which have been beaten until stiff. Add the salt. Work until perfectly smooth, drop the mixture from the tip of a spoon, or pass it through a pastry bag and tube on to a baking pan covered with waxed paper, and bake in a slow oven—about 325 degrees F.—from twenty to thirty minutes.

After baking, turn the paper with the macaroons upside down on a board, moisten the paper, and the little cakes can readily be removed to a wire cooling tray.

Cocoanut Macaroons

Whites of 2 eggs
⅔ cupful powdered sugar
1 cupful prepared cocoanut
⅛ teaspoonful salt

Beat the whites of the eggs until stiff, sift and add the sugar, beat in the cocoanut and salt. Drop by teaspoonfuls on to waxed paper laid on a baking sheet and bake as directed for macaroons.

Peanut Macaroons

Substitute finely chopped shelled roasted peanuts for the cocoanut in the above recipe.

Date or Raisin Macaroons

Substitute finely chopped stoned dates and one teaspoonful of lemon juice or finely chopped seeded raisins for the cocoanut in the above recipe.

Oatmeal Macaroons

2 eggs
1½ cupfuls rolled oats
¾ cupful sugar
½ teaspoonful salt
1 teaspoonful almond extract
1 tablespoonful melted butter
1 cupful chopped nut meats (optional)

Beat the eggs until light, add the rolled oats, sugar, salt, extract, chopped nut meats, if used, and the melted butter. Drop by teaspoonfuls on to a pan lined with oiled paper and bake in a moderate oven—350 degrees F.—about fifteen minutes.

Condensed-Milk Macaroons

To one can of condensed milk add as much desiccated cocoanut as the milk will take up—about a pound. Form

into balls, place an inch apart on an oiled baking sheet, and bake until brown in a moderate oven—350 degrees F.—about twelve minutes.

SMALL CAKES AND CUP CAKES

Small Decorated Cakes

The dainty frosted and decorated cakes for which a high price is charged by caterers and confectioners may easily be made at home provided one has patience. The base for these little cakes may be a sponge-cake or a butter-cake mixture, baked in large shallow pans, then cut into tiny squares, brushed with slightly beaten white of egg, then dipped in melted fondant (see recipe for fondant icing), then decorated with flowers or scrolls of ornamental frosting or with crystallized lilac or rose leaves, chopped nuts, etc.

Remember that the re-melted fondant may be used white to dip part of the cakes, the remainder coloured a delicate pink and flavoured with rose for a further portion; what is left over may be coloured and flavoured with melted confectioners' chocolate.

Potato-Flour Sponge Cakes

4 eggs
⅔ cupful potato flour
½ teaspoonful baking powder
2 tablespoonfuls currants
2 tablespoonfuls mixed candied peel
⅛ teaspoonful cinnamon
⅛ teaspoonful salt

Separate the whites and yolks of the eggs, beat the whites stiff, fold in the sugar and half the potato flour with which the salt, cinnamon, and baking powder have been sifted. Next add the currants and candied peel mixed with the remaining potato flour. Fold in the yolks of the eggs beaten until lemon-coloured. Turn into individual well-oiled pans and bake in a moderate oven—350–375 degrees F.—fifteen to twenty minutes. Cool, cover with plain frosting, and decorate as desired.

Sponge Cake Baskets

Make potato-flour sponge-cake batter as directed, bake it in small oiled cup-cake pans, and when cold, cut out the centres with a sharp pointed knife. Put a spoonful of jam

into each hollow, then cover with sweetened flavoured whipped cream or marshmallow cream and garnish with tiny coloured candies or crystallized flower petals. Make the handles from angelica softened by soaking for a few minutes in hot water to make it pliable.

The centres which were removed from the cakes may be used for making a sponge-cake pudding or Betty.

Maple-Nut Cakes

2 eggs
1 cupful scraped maple sugar
½ teaspoonful vanilla
½ cupful white or fine entire-wheat flour
½ teaspoonful baking powder
¾ cupful chopped walnut meats
¼ teaspoonful salt

Beat the eggs until light and frothy, add the sugar and vanilla, and continue beating until the mixture is very creamy. Sift together the flour, baking powder, and salt and add alternately with the nuts, reserving a few to sprinkle over the tops of the cakes, thus obviating the necessity for frosting. Bake from fifteen to twenty minutes in small well-oiled pans in a moderate oven—350–375 degrees F.

Cup Cakes

½ cupful butter or a substitute
1 cupful sugar
2 eggs
½ cupful milk
1½ cupfuls pastry flour
¼ teaspoonful salt
1½ teaspoonfuls baking powder
¾ teaspoonful flavouring (any kind)

Beat the shortening and sugar to a cream, add the yolks of the eggs, well beaten, milk, flavouring, and the flour with which the salt and baking powder have been sifted. Fold in gently the whites of the eggs, beaten until stiff. Bake in a hot oven—375 degrees F.—in well-oiled cup-cake or fancy pans, about twelve minutes.

This is a standard cup-cake recipe and may be varied as follows:

Raisin Cup Cakes

Add one-half cupful of seeded halved raisins.

Nut Cup Cakes

Add one-half cupful of coarsely chopped nut meats.

Currant Nut Cup Cakes

Add one-third cupful of currants and one-third cupful of coarsely chopped nut meats.

Cocoanut Cup Cakes

Add one-half cupful shredded cocoanut.

Orange Cup Cakes

Add the grated rind of one medium-sized orange.

Jelly-Filled Cup Cakes

Put one spoonful of batter in each pan, then a teaspoonful of jelly or jam, cover this with another spoonful of batter and bake.

Chocolate Marble Cup Cakes

To one third of the cake batter add one tablespoonful of melted chocolate, put a spoonful of plain batter in each pan, then a little of the chocolate-flavoured batter, and cover this with plain batter.

Cocoa Cup Cakes

¼ cupful butter or a substitute
1 cupful sugar
2 eggs
1 cupful pastry flour
⅛ teaspoonful salt
3 teaspoonfuls baking powder
⅓ cupful powdered cocoa
1 teaspoonful ground cinnamon
½ teaspoonful ground clove
½ cupful milk or cold coffee

Cream together the shortening, sugar, and yolks of eggs. Sift together the flour, salt, baking powder, cocoa, and spices and add alternately with the milk to the first mixture. Fold in the whites of the eggs, which have been beaten until stiff. Half fill oiled muffin pans, and bake fifteen minutes in a moderate oven—350–375 degrees F. Serve plain or cover with a white or chocolate frosting.

Caramel Nut Cup Cakes

⅓ cupful butter or a substitute
½ cupful milk
1 cupful sugar
2 cupfuls pastry flour
2 teaspoonfuls baking powder
⅔ teaspoonful vanilla
3 egg whites
1 cupful coarsely chopped nut meats
A few grains salt

Beat the butter and sugar until light. Sift and add the flour, salt, and baking powder alternately with the milk into which the vanilla has been stirred. Next add the nuts, beating these well into the batter, and last of all fold in the whites of eggs beaten until stiff. Bake in oiled muffin pans in a hot oven—375 degrees F.—about twenty minutes. When cold cover with caramel frosting.

Cocoanut Squares

Prepare any sponge or plain-cake mixture; bake in a shallow dripping pan so that it will be one and one-half inches thick. Cut in squares when cold; when firm, cover with plain white icing, sides and all, and dip in cocoanut. Decorate each square further, if desired, with halved cherries or crystallized violets.

CHAPTER XXX

CAKE FROSTINGS AND FILLINGS

(All measurements are level)

THE terms "icing" and "frosting" are practically synonymous and may be used interchangeably. Fillings may be composed of a portion of the frosting or of that frosting used as a base to hold together certain additional ingredients, such as fruit or nuts, or they may be entirely different from the frosting; for instance, a cake might be filled with cream filling and frosted with a plain milk or water frosting, or the filling might be raspberry or other fruit preserve and the frosting coffee—an exceedingly good combination.

Frostings or icings may be either cooked or uncooked, made with water, milk, or fruit juice as the liquid, but always have either sugar, syrup, or honey as the main sweet ingredient.

To Plain Ice a Cake

Have the cake cold, brush off the crumbs; if soft and crumbly, cover with a thin layer of icing, letting it set before putting on the final icing.

If not crumbly, cover at once with the icing, spreading it smooth by means of a supple knife dipped in hot water.

The Choice of an Icing

This depends upon two things, the place of the cake in the meal and the kind. Sponge cake, which contains no butter, may be put together with richer icings and fillings than butter cakes. A thickly frosted cake should not be used in a meal in which another dessert is provided.

Sponge Cakes

Choose jam, rich cocoa, mocha frosting and filling; fluffy uncooked frosting; Portsmouth orange filling, cream filling, or any of the cooked-fruit or whipped-cream fillings.

Cakes Containing Fruit

Choose only icings having tart flavouring, as jam frosting, grapejuice frosting, or fruit frosting.

Dark Cakes

Choose light-coloured icings, any flavouring being suitable with spiced cakes.

Chocolate Cakes

Choose white icing; if in layers, put together with marshmallow cream, marshmallow frosting, or with a cooked or whipped-cream filling.

Butter Cakes

Cover with any desired icing, or put together with any filling, as penuchi, fudge, etc.

UNCOOKED FROSTINGS

Cream or Evaporated Milk Frosting

2 cupfuls confectioners' sugar
Few grains salt
½ teaspoonful vanilla
Sweet cream or evaporated milk

Sift the sugar to free it from lumps, add the salt, and moisten with the cream or evaporated milk and the vanilla.

This frosting should be only on cakes which are to be used quickly.

Plain Water Frosting

2 cupfuls confectioners' sugar
½ teaspoonful lemon juice
A very little boiling water

Sift the sugar so that it is free from lumps, add the lemon juice and just enough boiling water to moisten the sugar—probably about one and one-half tablespoonfuls. Beat until perfectly smooth before spreading.

Uncooked Egg-White Frosting

Place an egg white in a bowl, add a teaspoonful of cold water, a few drops of vanilla, and beat in sifted confectioners' sugar until thick enough to spread.

Grapejuice Frosting

1½ cupfuls confectioners' sugar — Few grains salt
Grapejuice

Sift the sugar to free it from lumps, add the salt, and moisten with the grapejuice. Spread on the cake and smooth with a knife dipped in cold water.

Fruit Frosting

2 cupfuls confectioners' sugar — Stewed or fresh fruit juice to moisten

Sift the sugar and add just enough fruit juice to moisten. Beat thoroughly before spreading.

Currant, raspberry, plum, orange, or lemon are all excellent juices to use.

Fluffy Uncooked Frosting

2 egg whites
1 tablespoonful vinegar
1 teaspoonful lemon juice
2 teaspoonfuls cornstarch
About 2½ cupfuls confectioners' sugar
Few grains of salt

Beat the whites of eggs until stiff, add the vinegar, lemon juice, salt, and cornstarch and continue beating; add the sugar, sifted, gradually, until the frosting is stiff enough to spread.

Chocolate Frosting

1½ cupfuls sugar
2 tablespoonfuls cocoa
About 2½ tablespoonfuls boiling water
¼ teaspoonful salt
1 teaspoonful vanilla

Sift the sugar, cocoa, and salt together, add the vanilla, and moisten with the boiling water.

If desired, use part evaporated milk or cream and part water in making this frosting.

Coffee Frosting

2 cupfuls confectioners' sugar
½ teaspoonful salt
1 teaspoonful vanilla or ½ teaspoonful cinnamon extract
Strong coffee

Sift the sugar, add the salt, extract, and just enough coffee to moisten.

Rich Cocoa Icing

2 tablespoonfuls hot cream or undiluted evaporated milk
1½ tablespoonfuls powdered cocoa
Few grains salt
1 egg yolk
1 teaspoonful melted butter (optional)
½ teaspoonful vanilla
Confectioners' sugar to spread

Put the cream into a small mixing-bowl and stir into it the butter, salt, and a little sugar. Add the egg yolk, vanilla, and cocoa, and beat in the sugar until the mixture is thick enough to spread.

Jam Frosting

2 cupfuls confectioners' sugar
3 tablespoonfuls red jam—raspberry, currant, etc.
2 tablespoonfuls lemon juice
Cold water

Sift the sugar, then sift the jam to keep back seeds and skin. Combine the two, add the lemon juice and sufficient cold water to make the mixture stiff enough to spread.

Portsmouth Orange Filling and Frosting

2 cupfuls confectioners' sugar
¼ teaspoonful salt
Grated rind ½ orange
Orange juice to moisten

Sift the sugar and salt, add the orange rind and moisten with the orange juice. Beat thoroughly. Spread part of the mixture on one layer of cake and lay on it the thinnest possible slices of orange, peeled and with the seeds removed. Place the second layer over this, spread with the remaining frosting, and decorate with sections of small oranges, preferably tangerines.

Mocha Filling and Frosting

⅓ cupful butter
2½ cupfuls confectioners' sugar
2 tablespoonfuls cocoa
About 2 tablespoonfuls hot coffee
¼ teaspoonful salt

Cream the butter, add the sugar, salt, and cocoa gradually, and beat until well mixed, moistening with the coffee. The frosting should be as thick as mashed potato. Put a layer of the mixture between two layers of cake and use the remainder to frost the top and sides.

COOKED FROSTINGS

Fondant Icing

The fondant used for icing cakes is exactly the same as the re-melted fondant in which candies are dipped. For this recipe see the section on Candies.

Cakes which are to be dipped into fondant icing must be brushed over with white of egg slightly beaten with a tablespoonful of confectioners' sugar several hours before they are to be frosted.

Plain Boiled Icing

1 cupful sugar
¼ cupful water
¼ teaspoonful flavouring

Combine the sugar and water, boil until it threads—230 degrees by the candy thermometer—partly cool, and beat until creamy.

Chocolate Boiled Icing

Follow the directions given in the preceding recipe, adding a square (ounce) of chocolate, cut small.

Penuche Icing

2 cupfuls brown sugar
1 tablespoonful butter
⅔ cupful cream
¼ teaspoonful salt

Cook all four ingredients together until a little dropped into cold water forms a soft ball—if using a candy thermometer this should register 238 degrees. Cool, beat, and spread while still slightly warm.

Boiled Coffee Icing

1 cupful sugar
¼ cupful coffee
1 egg white
¼ teaspoonful any flavouring

Combine the sugar and coffee and boil together until a thread is formed when a little is dropped from a spoon—if using a candy thermometer this should register 230 degrees. Beat the mixture slowly into the egg white, which has been beaten until stiff, add the extract, return to a double boiler, and cook over hot water until a little dry about the edges. Whip until the mixture will hold its shape.

Caramel Frosting

1 cupful brown sugar
1 teaspoonful butter
⅓ cupful milk

Boil all three ingredients together until a little lifted on a spoon forms a thread—if using a candy thermometer cook to 238 degrees. Beat until creamy and spread while warm.

Marshmallow Fondant Icing

To one and one-half cupfuls of fondant icing add two heaping tablespoonfuls of marshmallow cream and one-half teaspoonful of lemon juice. Cool and beat until fluffy, then spread on plain loaf or layer cakes.

Chocolate Fudge Icing

3 cupfuls granulated sugar
3 squares (ounces) chocolate
1½ tablespoonfuls butter
⅛ teaspoonful cream of tartar
¼ teaspoonful salt
2 teaspoonfuls vanilla
⅔ cupful milk

Put all the ingredients except the vanilla into a saucepan and cook without stirring until a little dropped into cold water forms a soft ball—if using a candy thermometer this should register 238 degrees. Cool slightly, add the vanilla, and beat hard until the mixture thickens. This may be used both as filling and frosting.

Marshmallow Frosting

1 cupful sugar
1 egg white
¼ cupful water
½ teaspoonful vanilla
1 cupful quartered marshmallows

Boil the sugar and water rapidly until a little lifted on a spoon forms a thread—if using a candy thermometer cook to 238 degrees. Flavour and beat until almost thick enough to spread, add the marshmallows, and beat a moment longer.

Lady Baltimore Filling and Frosting

3 cupfuls granulated sugar
1 cupful boiling water
Whites of 3 eggs
1½ cupfuls quartered raisins
½ cupful chopped figs
½ cupful chopped nut meats

Boil the sugar and water together until they thread—if using a candy thermometer cook to 230 degrees. Pour over

the whites of eggs, which have been beaten until stiff, and beat until cool. Add the raisins, figs, and nut meats and use both as filling and frosting.

Double Cake Icing

Cover a cake with any plain white icing; when stiff, pour over melted sweet chocolate to make a thin hard, outside layer.

Praline Icing

Cover a cake with marshmallow frosting and dust thickly with praline powder.

COOKED AND UNCOOKED CAKE FILLINGS

Cream Filling

1½ cupfuls milk
4 tablespoonfuls sugar
2 tablespoonfuls cornstarch
2 eggs
1 teaspoonful vanilla
¼ teaspoonful salt

Scald the milk and sugar and pour over the cornstarch and salt, which have been moistened with three tablespoonfuls of milk, additional. Return to the saucepan and cook over hot water (double boiler) until thick. Beat and add the eggs, cook two minutes longer, cool, add the vanilla, and spread between layers of cake.

Chocolate Cream Filling

Put one square (ounce) of scraped cooking chocolate into the saucepan with the milk and sugar and scald, stirring until the chocolate is melted. Then proceed as directed above.

Coffee Cream Filling

Scald two tablespoonfuls of fine ground coffee tied in a square of cheesecloth with the milk.

Caramel Cream Filling

Put the sugar into a heavy frying pan over a moderate heat and allow it to melt and caramelize, stirring constantly; then add the milk and scald the two together.

Prune Filling

1 cupful sugar
⅓ cupful boiling water
1 egg white
½ cupful cooked prunes
⅛ teaspoonful salt

Boil the sugar and water without stirring until a little dropped from a spoon forms a thread—if using a candy thermometer cook to 230 degrees. Pour this slowly over the egg white, beaten until stiff with the salt, beating while adding. Continue to beat until the frosting stiffens, add the prunes stoned and cut into small pieces.

Pineapple Filling

1½ cupfuls canned grated pineapple
1 tablespoonful lemon juice
1 egg
2 tablespoonfuls cornstarch
Few grains salt
1 tablespoonful butter

Heat the pineapple, thicken with the butter, cornstarch, and salt, creamed; add to the egg, beaten light, return to the double boiler, and cook two minutes. Add the lemon juice, cool, and use.

Fig, Raisin, or Dried Apricot Filling

Soak a half pound of fruit overnight in water to cover. Chop, return to the water with the grated rind of an orange and a tablespoonful of lemon juice, and simmer until tender. Add sugar to taste, a half cupful for figs and raisins, three-fourths cupful for apricots. Cook until thick, cool, and add a half cupful of chopped nut meats if desired.

Fig and Cocoanut Filling

1 pound bag figs
2 tablespoonfuls sugar
Juice of 1 lemon
½ cupful cocoanut
1 cupful water

Pass the figs through the food chopper, add the water and sugar, and cook until thick. Stir in the lemon juice and cocoanut, beat well, and when cool spread between layers of cake.

This mixture is also excellent for cracker or bread sandwiches.

Grapejuice Filling

1 cupful grapejuice
¼ cupful water
1 egg
A few grains salt
3 tablespoonfuls sugar
5 tablespoonfuls flour
½ tablespoonful lemon juice
2 teaspoonfuls butter

Scald the grapejuice and water in the upper part of a double boiler. Meanwhile, beat the egg and add to the salt, sugar, flour, and lemon juice. Stir until thoroughly blended, gradually add the scalded grapejuice; when smooth, return to the double boiler and cook until thick, stirring constantly. Beat in the butter and chill.

Tutti Frutti Filling

1 cupful sugar
¼ cupful boiling water
White of 1 egg
½ teaspoonful rose extract
½ cupful chopped nuts
¼ cupful chopped crystallized fruits

Boil the sugar and water together until they thread—if using a candy thermometer cook to 230 degrees. Pour slowly on to the stiffly beaten white of egg, add the flavouring, and continue beating until thick enough to spread. Stir in the chopped nuts and fruits, spread between layers of cake, and sift powdered sugar over the top.

Orange Filling

2 cupfuls confectioners' sugar
Grated rind of 1 orange
2 tablespoonfuls each of sweetened lemon and orange juice

Sift the sugar, add the orange rind, beat, and moisten with the sweetened lemon and orange juice, adding more juice if necessary to moisten the sugar. Spread between two layers of cake and sift powdered sugar over the top layer.

Marshmallow Cream as Cake Filling

Use plain or with a few finely chopped nut meats, a little desiccated cocoanut stirred into it.

Mashed Banana Filling

4 ripe bananas
2 tablespoonfuls sugar
1 tablespoonful lemon juice

Peel and scrape the bananas, then mash them thoroughly with a fork. Add the sugar and lemon juice and beat. Put between layers of cake just before serving.

Gelatine Fruit Filling

Use one and one-half cupfuls of sliced peaches, crushed strawberries, or raspberries. Add a beaten egg white, a half cupful powdered sugar, and one tablespoonful of gelatine, allowed to stand in cold water for five minutes, then melted over steam. Put between the layers when the filling has begun to stiffen.

Whipped-Cream Fillings

If the weather is cold, a plain whipped-cream filling may be used for cakes (see section on Dessert Sauces for directions for whipped cream), or a charlotte-russe filling without gelatine may be selected.

If the weather is warm, it will be necessary to add gelatine to the cream (see charlotte-russe filling with gelatine in the section on Desserts).

The cream may be sweetened and flavoured, or contain chocolate, coffee, or some other flavouring. These are described in the sections on Dessert Sauces and Desserts.

Peach Nut Cream Filling

¾ cupful mashed ripe peaches
¼ cupful powdered sugar
1 cupful heavy cream
¼ cupful chopped almonds or pecan meats

Whip the cream, gradually add the sugar and peaches, stir in the nuts, and use.

If to be kept, add a teaspoonful of gelatine which has been softened in a little cold water, then dissolved over steam.

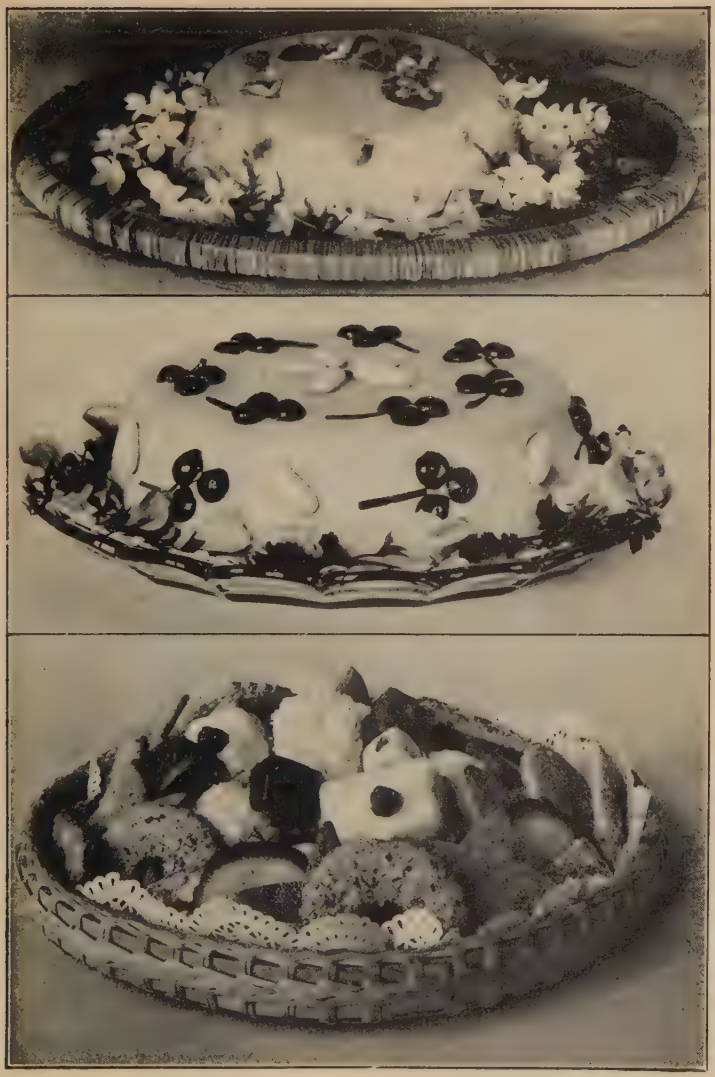
Strawberry Cream Filling

Follow the directions in the preceding recipe, substituting mashed strawberries for the peaches.

Cocoanut Cream Filling

1 cupful heavy cream
2 tablespoonfuls powdered sugar
¼ teaspoonful vanilla
½ cupful desiccated cocoanut

Combine the cream, sugar, and vanilla, beat until stiff, and add the cocoanut.



EASY CAKE DECORATIONS

A wedding cake with crystallized orange blossoms
A St. Patrick's cake with green mints and Jordan almonds
Assorted little cakes and cookies

A BOX OF CANDIES MADE AT HOME FROM THE RECIPES IN THIS BOOK

Ice-Cream Filling

This can be used for individual service or at the table.

Bake sponge cake in a brick-shaped pan, and when ready to serve, slice it in thirds lengthwise, putting between the layers long slices of ice cream from a brick, cover with whipped cream, and dust with chopped nut meats if desired.

For individual service, slice the cake in squares and put together with a single slice of ice cream. Cover with the whipped cream, or serve with crushed strawberries or raspberry sauce.

Ornamental Icing

This is used in decorating bride's cake, wedding, and birthday cakes which are to present an elaborate appearance.

The decoration may consist of scrolls, flowers, leaves, rosettes, and stars, and is put in place by means of a pastry bag and metal tubes with pointed ends cut so that the icing will come out in a certain definite form. Sometimes tubes or cones are made of stiff letter paper cut so that the ends will correspond to the cuts in the metal tubes. This type of decorating is known as pastry tubing, cornet work, or piping; it belongs in the realm of fancy cookery, but is not beyond the attainment of any one who has patience and a sense of the artistic.

There is no royal road to this accomplishment; practice alone produces perfection. The best practice material to use is lard into which a little flour has been worked, as it can be used over and over again.

Selecting the Tubes and Bag

The bag may be of heavy duck; the tubes should include a rose point, a star, leaf tubes, and small and large tubes for plain piping. If much work of this kind is to be done, purchase a set of small tubes for fine decoration, as lacy scrolls, etc.

Preparing the Cake for Icing

Brush off the crumbs and cover the cake with a thin water icing to make a firm base, then ice smoothly with

ornamental frosting to form a background. Let this stand until thoroughly set before putting on the design.

The Design

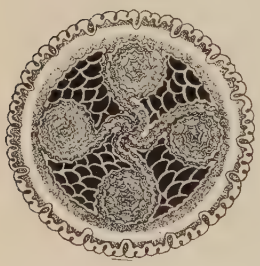
If a geometrical effect is desired, cut a paper pattern the size of the top of the cake and lay out the design upon it.

1

To use with Cake Top No. I.

To use with Cake Top No. II

2



3

4

1. *Cake decorated with ornamental icing, raisins, and finely chopped toasted cocoanut.*
2. *Border designs for sides of a cake, to use with corresponding tops.*
3. *Suggestion Design No. I for top of a cake, to be carried out in white and chocolate icings and powdered walnut meats.*
4. *Suggestion Design No. II for use of pastry tube and bag for the top of a cake—to be carried out in white, mocha, and chocolate icings.*

Place this upon the cake, and with a pin indicate the position of the different figures, otherwise the design may be put on crooked. For suggestive designs, see accompanying illustrations. The side of the cake may be decorated as desired with some conventional border, and the base must always be covered, so there will be no rough line between the bottom of the cake and the plate. For this, choose a rather heavy design—as stars, little rosettes, or a heavy scroll.

If a name is to be written on the cake, use a very small

plain tube and go over the lettering twice to raise it. If desired, the background, instead of being plain white, may be tinted green, violet, rose, or yellow with vegetable colouring, or chocolate may be added, the ornamentation being white.

To use the Pastry Bag and Tubes

Put the tube in the bag, half fill the bag with the icing. Hold the bag in the left hand and press with the right, guiding the tube like a pencil in making scrolls or pipings. Press down, holding the tube in one place to form rosettes, bring the tube away quickly when the desired amount has been pressed out.

To Make Roses, Narcissi, Sweet Peas, and Other Flowers

Study the natural flowers, then, using a leaf tube (various types may be purchased from confectioners' supply stores) first practise with the lard mixture.

Flowers may be made on a piece of waxed paper and, when stiff, transferred to the cake, being stuck on with a little fresh icing or fondant. But to be made in perfection, they should be fashioned on flower nails (from the confectioners' supply store). These have concave heads and are covered with melted wax or paraffine. A nail should be held in the left hand, a tiny cone-tube of icing being held in the right, the nail turned as the flower is shaped; or the nail may be stuck in a board and both hands used in fashioning the flower. Stick in a board to dry. The flowers will come off easily if the nails are warmed. Such flowers put on a cake are often connected by vines made with a piping tube and further embellished with leaves.

A revolving cake stand is a great convenience in ornamenting a cake.

In using the pastry bag and tubes for other purposes, as duchesse potato, and the putting on of whipped cream, follow the general directions given above, using a star or rose-point tube.

Royal or Ornamental Icing

3 egg whites
3 cupfuls confectioners' sugar
1½ tablespoonfuls lemon juice
⅓ teaspoonful salt

Beat the egg whites slightly with four tablespoonfuls of the sugar; as they begin to stiffen, gradually add the remaining sugar and the salt; add the lemon juice and continue beating until so stiff that when cut through with a knife the icing holds its shape.

If not to be used at once cover with a damp cloth, as otherwise a glaze will form.

Butter Cream

This is a type of ornamental icing used in decorating French pastry made of squares of sponge or plain cake covered with plain or fondant icing.

¼ pound of unsalted butter
¾ ounce cornstarch
White of one large egg
¾ pound sifted confectioners' sugar

Beat together the ingredients until the right consistency to put through the pastry bag and tube. Tint with any vegetable colouring. Flavour as desired.

Chocolate Butter Cream

Add a little melted chocolate.

Mocha Butter Cream

Flavour with coffee extract and add a little caramel to colour.

CHAPTER XXXI

BEVERAGES

(All measurements are level)

THERE is no department of cookery that is so closely allied to joy as that of beverages. If the coffee is not good in the morning, if it is cold or weak, the whole day goes wrong. On the other hand, steaming, freshly made, it is literally the "cup that cheers." When the fatigue hour comes, when one is jaded from housework or shopping, a perfectly made cup of tea brings relaxation and comfort. On a hot summer afternoon or evening, what can give more happiness than the right sort of a well-made iced drink; and when there are parties what contributes more to the joy of the occasion than a well-made punch?

We have come to feel that the steaming cup of coffee, cocoa, chocolate, or tea is the rightful accompaniment to the cold day, and that the tinkle of ice and the frosted glass are an inevitable part of the summer season.

COFFEE AND ITS MAKING

What is the standard for a perfect cup of coffee? It must be fresh and sparkling, full of life, mellow—not harsh, bitter, acrid, over-cooked, and heavy—and fragrant in aroma. In colour it should be dark golden brown, so clear that one can almost see to the bottom of the cup. It should be equally good black, or when blended with rich cream or hot milk. It should be served piping hot or icy cold, as the case may require, *but it should always be freshly made.* Only the best grades should be purchased.

Utensils

Three methods of coffee-making are in general use: the old-fashioned boiled method, the drip method, and the

percolator method, any one giving satisfactory results if a good grade of coffee is used and the amounts of coffee and water are carefully measured.

The utensils must be kept in spotless condition.

In making boiled coffee use an enamelled pot, preferably white, so that no scum or grease can collect without leaving its mark.

If a percoloator is chosen, it must be simple in design and easy to care for. The little pipe should be washed every day with a brush, for a bit of coffee scum left from the preceding brewing will spoil the day's coffee.

If the drip method is used, choose a French pot, or a drip pot equipped with a cheesecloth bag, or one in which the coffee drips through filter paper.

Washing Coffee Utensils

First fill them with hot water, let stand a few moments empty, and wash thoroughly with clean soapy water; scrub any sieves with a brush and thoroughly clean the spouts. Scald and dry inside and out, then let stand uncovered for a short time.

A cloth filter should be boiled each day with a bit of baking soda and dried, and should be renewed at least once a week.

All aluminum coffee utensils should be subjected to the weekly boiling, scouring, and polishing given to other aluminum utensils.

Grinds of Coffee

The best method is to buy coffee in the bean, grinding it at home, as needed. If this is not practical, choose a coffee that is pulverized or ground and sealed in a tightly closed tin can.

If to be boiled or made in the percolator, have the coffee ground medium fine; for drip coffee either finely ground or pulverized may be used.

Boiled Coffee

Use a heaping tablespoonful of coffee to each cupful (half-pint) of boiling water, putting in one additional spoonful "for the pot." If a crushed eggshell or a little white of egg is mixed with the coffee, the beverage will be very clear.

Put the coffee in the pot, then add the desired amount of boiling water, place the coffee pot over the heat, allow it to come to a brisk boil, and boil three minutes.

If white of egg is not used for clearing coffee, a quarter cupful of cold water to six cups of made coffee, poured into the pot as soon as the boiling period is ended, will cause the grounds to settle.

See that the coffee pot is tightly covered and tuck a small piece of absorbent cotton, cheesecloth, or soft paper into the spout while the cooking is going on, so as to keep all the flavour and aroma inside the pot.

Percolator Coffee

Use a scant cupful of finely ground coffee to three pints, or six cupfuls, of freshly boiling water. Place the coffee in the upper container of the percolator, and put the water into the pot itself; never start the percolator with cold water. Set over a gentle heat and continue the percolation until the coffee is of the desired strength, five minutes being sufficient time to allow.

In making up a small quantity of percolator coffee, allow a heaping tablespoonful of coffee to each half-pint of boiling water.

Drip Coffee

Use a scant cupful of finely ground coffee to six cupfuls (three pints) of boiling water. Put the coffee in the upper compartment of the coffee pot and pour the boiling water slowly over it. Cover, and let stand in a warm place to drip through, or set the coffee pot in a vessel of hot water while the filtering process is proceeding. Certain types of drip coffee pots, especially those equipped with cloth filters, give even better results if pulverized coffee is used.

In making up a smaller quantity of drip coffee, use a third less coffee to a half-pint of freshly boiling water.

After-Dinner Coffee

This may be made by any preferred method, using once and a half as much ground coffee as usual to a given amount of water. Serve in after-dinner coffee (or demi-tasse) cups. Properly, after-dinner coffee should be served black, but as

some guests really miss sugar and cream, it is only courtesy to pass them.

Café au Lait

This is really coffee with hot milk, and is made by pouring together in the cup equal quantities of very strong coffee, made by any preferred method, and scalding hot milk. It should be sweetened to taste.

Café à l'Italienne

Beat an egg yolk in the coffee cup then pour in the hot milk and coffee.

This is served in Italy with rolls and considered truly a balanced breakfast.

Iced Coffee No. 1

Any strong left-over coffee may be served cold if poured from the grounds into a clean jar, covered, placed next the ice to chill, and served with cream and sugar with a little cracked ice.

Iced Coffee No. 2

The best iced coffee is made by pouring strong, freshly made coffee into glasses half filled with cracked ice. Cream and sugar may be added to taste.

Frappéd Coffee

Put freshly made, quickly chilled coffee into a cocktail shaker with one third its bulk of crushed ice, heavy cream, and sugar, if desired. Shake hard and serve.

Frosted Coffee

For each person allow a cupful of strong, freshly made, quickly chilled coffee and two tablespoonfuls of vanilla ice cream. Combine in a cocktail shaker and shake until the cream is dissolved and serve at once.

Iced Turkish Coffee

For each person allow a cupful of freshly made, quickly chilled strong coffee, one tablespoonful powdered sugar, three drops of rose extract, and a heaping tablespoonful of whipped

cream. Combine in a shaker with a little cracked ice, shake hard, and serve.

Iced Coffee with Cider or Ginger Ale

Fill each glass one-fourth full of crushed ice, add a half cupful of strong cold coffee, freshly made, and fill with ginger ale or cider. This is a most refreshing combination, especially good with cheese, tongue, or nut sandwiches.

THE BREWING OF TEA

There is no more comforting beverage than tea, but the necessity for proper making can not be over-estimated.

It is no fairy tale that the water used should be freshly drawn and boiling hard, for if it is not fresh it has lost its life or oxygen, and if not boiling hard it cannot draw out the delicate flavours of the tea.

The two kinds of tea best known are green and black. As a matter of fact, there is no difference between these except that due to a process of fermentation which is applied to black tea and not to green.

Orange Pekoe means the best portion of the tea plant; the tiny buds and tender tip leaves constitute the choice varieties, the larger leaves are used for others less choice. Broken Orange Pekoe is also made up of the tenderest leaves and twigs; the small leaf is known as pekoe, the medium-sized leaves as pekoe souchong, the coarser as souchong.

English Breakfast is a name given to black tea.

Good tea is free from dust, is fragrant, and should be purchased in tightly closed containers. The principles of tea-making are as follows:

1. Scald the pot, which should be earthenware, with boiling water.
2. Measure into the pot one teaspoonful of tea for every two cupfuls desired, with one extra spoonful for the pot.
3. Pour in two cupfuls of freshly boiling, rapidly bubbling water for each teaspoonful of tea used, except the one for the pot.
4. Cover closely and let stand in a warm place five or six minutes. If being made in a very delicate pot, stand in hot water, not on the back of the stove.

5. Strain the tea into another pot that has been heated.
6. Throw away the tea leaves, do not try to use them again.
7. Serve with cream or milk and sugar, or with lemon, in which case the beverage should be steeped for only three minutes.

Iced Tea

Tea that has been made and is left over may be poured off the leaves into a glass jar, cooled outside the icebox, as otherwise it will be cloudy and waste the ice, then covered, chilled, and served with powdered sugar and sliced lemon.

2. A much better method is to make the tea, fill the glass half full of crushed ice, pour in the steaming hot beverage, and serve with powdered sugar and sliced lemon.

Varying Iced Tea

A little grated orange rind may be placed in the pot before the tea is made, or a few sprigs of mint, or two cloves to a cup may be used if the tea is poured in hot.

MAKING COCOA AND CHOCOLATE

Cocoa and chocolate are really food drinks, for besides containing a certain percentage of protein, starch, sugar, minerals, and food, they are usually made up with milk in quite large proportions, sometimes entirely.

Cocoa or chocolate made with milk should not be served when meat appears in the meal. When used in this way it really helps to cut the food bills; a delightful summer luncheon, for instance, might consist of mixed vegetable salad, drop fruit cakes, and iced cocoa; or it may be used to round out the children's winter breakfast of stewed prunes, oatmeal, or brown rice with top milk, entire-wheat bread, and cocoa.

Chocolate contains more fat than cocoa. While the two may be used almost interchangeably, in baking cognizance should be taken of this fact, and if cocoa is substituted for chocolate, two level tablespoonfuls should be used in place of the usual square, or ounce, and two level teaspoonfuls of butter or margarine should be added to the mixture to make up a fat content equal to that of chocolate.

It is possible to obtain cocoa mixtures commercially

blended containing powdered milk, cocoa, and sugar to which boiling water may be added to make the beverage; the amount of powdered milk is not equal to the amount of fresh milk that is usually used in making cocoa, but if the water is boiling hard and the cocoa is reinforced with a little cream or fresh milk, a good and wholesome beverage results.

In making plain cocoa or chocolate, equally good results may be gained with fresh milk, evaporated milk, or in case a sweet beverage is liked, with condensed milk.

Making Cocoa

The amount of cocoa to be used for a cupful varies with the strength, that is, the purity of the cocoa; generally a teaspoonful to the cup is the right amount. A smoother, richer effect is gained if the cocoa and sugar are mixed together, the right amount of boiling water is poured in, and the whole brought to boiling-point before the milk is added; it should then be finished over hot water, as boiled milk is indigestible.

Cocoa with Fresh Milk

Combine six teaspoonfuls of cocoa (or vary according to directions on the package) with two tablespoonfuls of sugar and a few grains of salt. Into this pour two cupfuls of water, stirring constantly, boil hard, add a quart of milk, and finish cooking over hot water. If desired, add a few drops of vanilla and beat hard with a rotary eggbeater.

Cocoa Made with Evaporated Milk

Observe directions given in the preceding recipe, using a quart of water and adding a pint can of undiluted evaporated milk.

Cocoa Made with Condensed Milk

Observe the directions and proportions given in the recipe made with fresh milk, using five cupfuls of water and one cupful of condensed milk.

Hot Chocolate

2 squares (ounces) chocolate, shaved
¼ cupful sugar
Few grains salt
3 drops vanilla
3 cupfuls milk
1½ cupfuls boiling water

Add the chocolate to the water and cook until dissolved. Add the remaining ingredients, except the vanilla, and cook in a double boiler about twenty minutes; add the vanilla, beat well, and serve topped with whipped cream or marshmallow cream.

If desired, a clove or a bit of stick cinnamon may be cooked with the chocolate mixture.

Iced Cocoa or Chocolate

Prepare any of the cocoa or chocolate mixtures and pour them into glasses one-third full of crushed ice. Top with sweetened whipped cream dusted with cinnamon if desired.

If a richer beverage is wanted, decrease the amount of water and add a little plain cream.

Frappéd Cocoa or Chocolate

Put the cold cocoa or chocolate, some cracked ice, and a little plain or whipped cream in a cocktail shaker, shake hard, and serve.

Frosted Cocoa or Chocolate

For each person put in the shaker a cupful of chilled cocoa or chocolate, a heaping tablespoonful of vanilla ice cream, and shake until the cream is dissolved.

Russian Chocolate

Combine one-third part of strong coffee, freshly made, with two parts of cocoa or chocolate, add a little more sugar, if desired, chill, and pour into glasses partly filled with crushed ice. Top with sweetened whipped cream.

MILK

Hot Milk

Few realize that when milk is to be served hot it should never be boiled, but heated in a double boiler or over hot water until a scum forms. This is scalding point—186 degrees F. If boiled, the milk is indigestible. It may be served plain, with a little salt, nutmeg, vanilla, and sugar, or for adults, with strong coffee, freshly made strong tea, or for a child, with a suspicion of cocoa.

Fermilac, Koumiss, and other Fermented Milks

These should be served ice-cold but should not contain ice. If desired, they may be frappéd by pouring the milk into a jar, putting on a tightly fitting lid, and burying in equal parts of crushed ice and salt for four hours; or allow the milk to stand for six hours in an electrically operated icebox.

In using any of the fermented milks, it must be kept in mind that they are real foods, and when served, act as a protein in the menu.

Koumiss

1 quart milk
1 tablespoonful sugar
Few grains salt
$\frac{1}{6}$ compressed yeast cake

Soften the yeast in one tablespoonful of lukewarm water, warm the milk to blood heat—98 degrees F.—combine with the other ingredients, and pour into three pint-size bottles, preferably with patent tops that clamp down tightly, or substitute corks, tying them on. Lay the bottles on the sides, let stand for twenty-four hours in a warm room, shaking occasionally, then chill. The koumiss will keep on ice for nearly a week.

Buttermilk

This should be served ice-cold, but ice should not be put in it. If desired, a little sugar and lemon juice may be added, or the buttermilk, containing lemon juice and sugar, may be packed in equal parts of ice and salt for three or four hours.

Malted Milk

A good malted milk should have a pleasing taste when it is combined only with hot water and a hint of salt. This is the way to serve it as a night cap, or when nourishment in quantities not too large must be given, as in cases of extreme fatigue, stress of work, etc.

To prepare it, measure two tablespoonfuls of the malted milk into a six-ounce glass or cup, add a little salt and hot or cold water to make a paste. Fill the utensil with boiling water, stir, and serve. The beverage should be free from lumps.

Small malted-milk beaters may be obtained which may be used in making up either hot or cold malted milk, in which case it is not necessary to make a paste.

Varying Hot Malted Milk

Make it with plain hot milk instead of water, and flavour with vanilla, melted chocolate, nutmeg, or a little strong coffee.

Coffee Malted Milk

Prepare a cupful of freshly made coffee, combine two tablespoonfuls of malted milk with cream to make a paste, pour in the hot coffee, and sweeten to taste.

Coffee Egg Malted Milk

Prepare as directed in the preceding recipe, pouring the hot mixture on to a well-beaten egg.

Hot Chocolate or Cocoa Malted Milk

Prepare a cupful of hot cocoa or chocolate, and combine with two tablespoonfuls of malted milk mixed to a paste with a little milk or cream.

Chocolate Malted Milk with Egg

Prepare as for the preceding mixture, pouring into a well-beaten egg; flavour with vanilla.

Cold Malted Milk

Prepare any of the recipes for hot malted milk, using cold liquid. If convenient, put a little crushed ice in a shaker, pour in the malted drink, shake hard, and serve.

Malted Milk Ice-Cream Shake

Prepare coffee, chocolate, cocoa, or plain malted milk with some crushed strawberries, raspberries, or peaches; put a tablespoonful of vanilla ice cream in a shaker, add a cupful of the malted mixture, and shake until the ice cream is dissolved.

Malted Maple Shake

Prepare a cupful of plain unsweetened malted milk, add three tablespoonfuls of pure maple syrup and one-third glassful of crushed ice, shake hard, and serve.

FRUIT DRINKS

Fruit drinks belong particularly to warm-weather service, not only because they taste good, but because they introduce the cooling acids and the vitamines that are present in all acid, sun-ripened fruit. They should not be made too sweet, as when this is done so much energy is added with the sugar that over-heating results.

Most fruit drinks can be delightfully sweetened with honey; again more vitamines and sugar in its most easily assimilated form. It is almost as impossible to give stated recipes for fruit drinks as it is to detail salads, for they depend so much upon what is at hand, almost any combination of fruits and fruit juices being delicious if sufficiently iced and properly sweetened. There is scarcely a summer refrigerator that will not disclose the wherewithal for a delectable fruit drink, one that can be served during the evening, or in the afternoon on the piazza, or that may be used at the evening meal.

In making fruit drinks, several things must be kept in mind:

1. The sugar used must be dissolved before combining with the fruit juice, by making a simple syrup of the sugar and water, or by using a sweetening agent, as honey, some syrup already made, or by pouring a little boiling water on to the sugar and stirring until it is dissolved. This last is the quickest method.
2. Sufficient fruit and fruit juice must be used to give a pronounced flavour.
3. If the fruit is not very juicy, as apples or grapes, etc., it must be combined with a little cold water brought to boiling point, boiled a moment or two, then strained.
4. All ice should be pure and crushed.
5. To chill the drinks, use a large cocktail shaker containing the crushed ice, or substitute two pitchers, putting the

ice in one and the fruit juice in the other; pour the liquid on the ice, and then pour the mixture back and forth between the two pitchers; this frappés the mixture.

6. Whenever possible, use carbonated water, vichy or apollinaris in making the beverage, as this gives a sparkle that cannot be obtained with plain water.

Many fruit drinks can be combined with ginger ale, and certain charged fruit juices may be purchased which give the necessary sparkle.

7. In making a fruit drink, at least one distinctively fresh acid fruit juice must be used, as oranges, lemons, or limes; otherwise, the drink will taste flat.

8. The service must be dainty, thin glasses, attractive glass pitchers, or the quaint stone pitchers of olden days, or the present-time adaptations, being used. If a punch bowl is needed, let it be dainty; they cost no more than those that are heavy and unattractive. In every way the iced fruit drinks should suggest joy and cleanliness.

If the drink contains small pieces of fruit, a long-handled spoon must be provided; the new glass spoons with hollow handles are most attractive. Straws—"just like the soda fountain"—are a joy to youngsters.

Lemonade, Individual

Allow the juice of one lemon and a tablespoonful of sugar to each person. Pour enough boiling water on the sugar to melt it, combine with the lemon juice and a half glassful of crushed ice, fill with plain or charged water, shake in a cocktail shaker if possible, and serve.

Strawberry Lemonade

To each serving of lemonade add from two to four tablespoonfuls of crushed strawberries.

Peach Lemonade

To each serving of lemonade add two to four tablespoonfuls of crushed ripe peaches.

Cherry Lemonade

To each serving of lemonade add two to four tablespoonfuls of chopped sweet ripe cherries.

Raspberry Lemonade

To each serving of lemonade add two to four tablespoonfuls of slightly crushed red raspberries.

Pineapple Lemonade

To each serving of lemonade add two to four tablespoonfuls of shredded canned or fresh pineapple.

Orangeade for Six

Juice of 4 oranges — 6 tablespoonfuls sugar
Juice of ½ a lemon — Crushed ice
Water

Dissolve the sugar in enough boiling water to cover it, add the fruit juices and about one and a half cupfuls of crushed ice with three and one-half cupfuls cold water; shake until thoroughly cold and serve.

Loganberry Cup

Prepare orangeade, substituting one third loganberry juice for as much water. Serve in a tall pitcher with maraschino cherries and the rind peeled from an orange in one long strip; this should curl around the handle of the pitcher then into the liquid. A few sprigs of mint may be added.

Cider Cup

This may be served either hot or cold. If the cider is very acid, use a tablespoonful of sugar to a cup of cider, if rather sweet, one-half tablespoonful will be enough.

Combine the sugar with enough boiling water to moisten, add for each cupful to be made one clove and a bit of stick cinnamon, pour in the cider, bring to boiling point, strain, add the spice and serve hot or iced; if the latter, chill the mixture, add the crushed ice, and shake until very cold.

DRINKS THAT COME IN BOTTLES

There is good and bad in everything. This is true of foods as well as life in general, but it is particularly true of drinks that come in bottles.

There is no doubt that cooling drinks of this type have a

definite place in the menu. If they consist of grape or loganberry juice, apple juice or any of the other fruit juices (put up without benzoate of soda or any other preservative, and without artificial colouring), they are good drinks that cleanse and energize. They may be used in combination with plain water, hot or cold, with charged water, or in combination with ginger ale or other fruit juices.

Then there is ginger ale, which contains various elements that act as a gentle stimulant, in addition to the fruit juices used in making it, and which is a wholesome drink.

Root and birch beer are also good drinks and sarsaparilla has a place, if one likes it, plain or in combination with a little cream. Only the most reliable brands of these drinks should be purchased.

Further than this I hesitate to go, for the laws are lax regarding bottled drinks; and only too many contain ingredients which, to say the least, are *not* body-building, cooling, or really energizing.

With plenty of fresh fruit available, with really good commercial fruit juices and drinks, with home-made fruit juices and root beer so easy to make, there is no excuse or reason for serving any drink that may be a detriment to health.

Combinations of Bottled Fruit Juices

All of these should be blended in the cocktail shaker, or by means of two pitchers with a sufficient quantity of crushed ice to chill them. The exact amount of ice and water to be added depends upon the concentration of the fruit juice; the amount of sugar also varies in a like way.

Grapejuice Lemonade

Prepare lemonade according to the recipe given, substituting grapejuice for half of the water.

Grapejuice Pineappleade

Combine pineapple with lemonade, substituting grapejuice for half of the water.

Grapejuice with Ginger Ale

Prepare as for lemonade, using half grapejuice and two thirds ginger ale.

Apple Juice with Ginger Ale

Use one third apple juice and two thirds ginger ale.

Apple Raspberryade

Prepare raspberry lemonade, using one third apple juice and two thirds water.

Grape Appleade

Use one third apple juice, one third grapejuice, and one third water with plenty of crushed ice, a dash of lemon juice, and dissolved sugar to taste.

Mint Julep, Individual Service

2 tablespoonfuls ground fresh mint
Juice of one lemon
1 tablespoonful sugar
¼ cupful boiling water
Ice and water
2 maraschino cherries
A few sprigs mint

Pour the hot water on the mint, lemon, and sugar which have been put into the glass and let stand ten minutes; add two or three pieces of ice, fairly large, fill with ice water, and garnish with the cherries and mint.

Daisy Julep

Prepare as for mint julep, adding two tablespoonfuls of the juice from maraschino cherries, two maraschino cherries minced fine, and about a teaspoonful of minced candied orange and lemon peel. Serve in stone mugs.

PUNCHES

The word punch, as applied to cookery, means either a milk punch—really a form of eggnog, which is served at the soda fountains as the more familiar milk shake—or a beverage made of a combination of several fruits.

Any of the fruit-ades or combinations suggested in this book may be served in place of punch at an informal gathering, provided the service is from a punch bowl. This should be placed so that the guests can cluster around it and should be located away from the main refreshment room, otherwise the room will be over-crowded.

The old-fashioned standard punch bowls are quite out of fashion, the new shallow bowls of plain colour or decorated glass being not only charming, but inexpensive. A punch ladle should be used for the service, and small cups should be provided. These should be kept washed so that a fresh supply will be constantly on hand.

A large square of ice should be placed in the centre of the bowl, the drink being poured around it. Because the ice melts and therefore dilutes the drink, be sure that the beverage is well flavoured.

Iced Chocolate Punch

Prepare the right quantity of iced chocolate and serve it in the punch bowl, providing a bowl of whipped cream besides; a spoonful may be placed in each punch cup before the chocolate is poured in.

Frosted Coffee in the Punch Bowl

Prepare frosted coffee as directed, pouring it in the punch bowl for service.

Iced Tea in the Punch Bowl

Prepare the iced tea, making it a little stronger than usual, and pour while hot on sliced lemon and some cloves. Sweeten and serve in the punch bowl with or without a garnish of chopped halved maraschino cherries and a hint of mint.

Milk Punch For a Child's Party

The problem of refreshments for the party of a small child is difficult to solve, for if lemonade is served with ice cream, distressing results usually follow. A milk punch may be substituted. To make this, sweeten the milk, add a little nutmeg or vanilla, a little cream, and serve in a punch bowl.

Egg Milk Punch

Allow to one quart of milk four eggs; beat the yolks until light with two tablespoonfuls of sugar or honey, add a little vanilla extract or nutmeg, and combine with the milk, then fold in the egg whites, beaten stiff, and pour into the punch bowl.

This is particularly good for children, and when served, only simple sandwiches and cake should be provided.

Cider Punch

(One gallon)

3 cupfuls freshly made chilled coffee
3½ quarts cider
½ cupful sugar
Juice four lemons
1 bottle apollinaris

Pour sufficient boiling water over the sugar to dissolve, then add the remaining ingredients in the order given, and pour into the punch bowl.

Grapejuice Punch

(One gallon)

1 quart grapejuice
Juice 2 lemons
2 bottles ginger ale
1 quart pineapple juice, bottled or drained from canned pineapple
1 quart crushed ice

Combine the mixtures, pour them from one utensil to another to frappé, then pour in the punch bowl.

Fruit Punch

(One gallon)

1½ cupfuls sugar
1 pint hot freshly made tea
1 pint loganberry syrup or grapejuice
Juice five lemons
Juice six oranges
1 quart canned grated pineapple
1 cupful canned red cherries, stoned
1 bottle apollinaris

Combine the sugar and tea, stirring until dissolved, add the fruit juice, pineapple, and cherries and set aside to chill and blend. At serving time add enough ice water to make a gallon, pour into the punch bowl, and add the apollinaris.

Pineapple Punch

(One gallon)

1 quart boiling water
1½ cupfuls sugar
1 quart canned pineapple
Juice four lemons

Pour the hot water over the sugar, stir until dissolved, and add the pineapple; chill; add the lemon juice and two quarts of ice water and one of crushed ice. Pour from one utensil to another to frappé, then pour into the punch bowl.

If convenient, decrease the ice water one half, substituting apollinaris.

Apricot Punch

Substitute canned apricots for the pineapple in the preceding recipe and proceed as directed.

Canned Cherry Punch

Well-sweetened canned cherries, which have been stoned, may be substituted for the pineapple in the recipe for pineapple punch.

Cranberry Punch

Substitute two quarts of sifted well-sweetened cranberry sauce for the pineapple in the recipe for pineapple punch. Decrease the amount of cold water to one quart.

Pin-Gin Punch

(Three quarts)

2 cupfuls grapefruit juice
2 cupfuls orange juice
2 cupfuls grated or chopped pineapple
Crushed ice
1½ cupfuls sugar
1 pint water
2 bottles ginger ale

Boil the sugar and water together, cool, and add to the fruit juices. Add the pineapple and ginger ale just at serving time and pour into glasses containing a generous quantity of cracked ice.

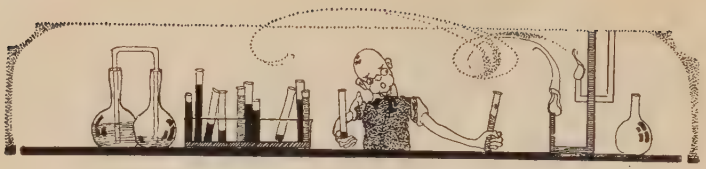
Either fresh or canned pineapple may be used; if the former, add an additional one-fourth cupful of sugar.

Drinks Combined with Fruit Ices or Fruit Sherbets

For refreshments on hot summer evenings, at piazza parties, or after cards on a warm day, a fruit drink may be delightfully combined with a fruit ice or sherbet. In this case the drink should be icy cold, the sherbet or ice taking the place of the cracked ice usually combined with it.

Tall glasses should be used for the service, a generous spoonful of the ice or sherbet first being put in the glass; then fill with the drink, garnish, if desired, with a bit of mint, and to serve stand on a plate with a long-handled or hollow-handled glass spoon in the glass. Small cakes or cookies should be used as the accompaniment.

Suitable combinations are:
Iced tea and lemon ice.
Ginger ale and lemon ice or sherbet.
Raspberry, currant, or lemon ice and orangeade or lemonade.
Pineappleade and orange ice or sherbet.
Grapejuice mint julep and lemon ice.



The Elusive Vitamine

The Fountain of Youth.
Magic waters.
Potent Potions.
Dreams of ancient alchemists.

Cells constantly dying.
Living in the midst of death.
Strange elusive influences—
News coming through the ages.

The magic of true food.

Builders of new cells
Refreshing body, mind and soul,
Unknown till now—
The strange, unfathomable spiritual essences that
Man cannot imitate.

Vitamines—
Linking Man with Life.

CHAPTER XXXII

FRUITS

ALL fruits contain minerals in varying quantities and of different kinds and are more or less acid. To introduce them intelligently into the menu, so that the full food value and, therefore, the full money value, may be obtained, it is necessary to understand their composition. Every fruit, no matter whether high in food value, as the raisin, or low, as the watermelon, has a definite place in the food repertoire. The raisin is especially rich in carbohydrates and minerals and contains a certain amount of fat. The watermelon is more bulky and contains only one tenth of one per cent. of fat, with less fruit sugar, mineral, and protein than almost any other fruit; yet, because of these attributes, and because it flushes the entire system, it is one of the best of the fruit purifiers. The raisin is a concentrated food, a builder, but the two could not be used interchangeably. Each one has its place.

The dietetic value of the more common fruits may be summed up as follows:

Apples: Malic acid is particularly prominent. As a germ destroyer it makes the apple of great value. Apple juice or cider both have this property. The apple phosphates and other minerals act especially on the digestive organs. These facts, in addition to the bulk of the apple, were the inspiration of the old adage—"An apple a day keeps the doctor away."

Pears: This fruit has the general characteristics of the apple, with a large proportion of fruit sugar, considerable iron, and a wider variety of acids, which include malic, tannic, and tartaric, together with potash and phosphorus. Its acids are so mild that this fruit agrees with almost everyone. It is also a germ destroyer in smaller degree, is laxative, and acts particularly on the kidneys.

Peaches: These contain about half as much sugar as pears

and apples. Their acid is especially valuable for intestinal disorder, even cases of dysentery and typhoid. Of course, the fruit must be perfectly ripe.

Apricots: Have much the same content as peaches.

Plums: Excepting the banana, plums contain about as much sugar as any of the other fresh fruits. They are astringent and valuable for their acids.

Prunes are dried plums and contain a larger amount of carbohydrates than other dried fruits except raisins, and about half as much protein as dates or figs. Remember, when any of the dried fruits are soaked in water and cooked, they take on the nature of fresh fruit and must be considered as such in planning the meal.

Grapes: This fruit is rich in tartaric acid. Its potash salts make it very valuable, and its water and sugar are absorbed almost at once, making it a quick source of food supply. They are especially good for the nerves, blood, spleen, and skin imperfections. Grapejuice partakes of these characteristics.

Raisins: Are merely dried grapes, which explains their high amount of sugar.

Oranges: This fruit is distinctly a tonic and its juice is antiscorbutic. It is a cooling fruit, soothing in its action and good in cases of sleeplessness. Its minerals feed the nerves, and while they cool the body they do not thin the blood. It is also an antiseptic.

Lemons and Limes: Both of these are tonics and antiscorbutics and have marked antiseptic qualities. The acids of lemons, particularly, act directly on the liver, making them of special value in malaria. Lemons are used in typhoid and are one of our best intestinal stimulants.

Grapefruit: The composition is like that of the oranges, with more acid.

Pineapples: Next to the orange and lemon, the pineapple, when in perfect condition, is perhaps as good for the body, from a dietetic point of view, as any other fruit. It contains mineral matter, fruit sugar, and water, and not only acts as a purifier, but directly aids digestion because of the active principle, bromelin. It is also soothing to irritated throats. Pineapple juice partakes of the general characteristics of the fresh fruit.

Berries: Strawberries are acid and as such are very valuable for an inactive liver and for constipation. They are used especially in malaria. If eaten with sugar and no cream or milk, they are less liable to disagree. *It is often not a food itself, but its combination with other foods which causes trouble.*

The raspberry contains the good points of the strawberry in milder degree and is particularly soothing to the stomach.

The blackberry is unusual; it is astringent instead of laxative. It contains considerable iron and is a good tonic, while its mild acids are cooling.

Huckleberries and blueberries contain considerable citric acid which acts especially on the liver and cools the blood. They are a laxative fruit but will not prove over-laxative if they are thoroughly masticated, not swallowed whole.

Currants also contain considerable citric acid, while the black currant has a beneficial action on the kidneys.

Gooseberries, too, contain citric acid, and so act on the liver.

Bananas: When ripe—deep yellow, even with black flecks —are a valuable fruit, as they contain more starch and sugar than any other. However, the banana is deficient in acids. If the stringy outside portion just beneath the skin is scraped away until the banana feels slippery, it will prove digestible in almost all cases—*if used in the proper place in the meal.*

Recent experiments prove that many fruits contain vitamines in a considerable degree. Among these are:

Apples	Limes
Bananas	Oranges
Grapefruit	Pears
Grapes	Raisins
Lemons	Tomatoes, fresh and canned.

For suggestions regarding the use of raw fruits and fruit juices, see the section on Foods that Begin a Meal.

For ways to cook fresh and dried fruits, see section on Desserts.

The Candy Pull

Hidden in the darkest corner—
Fashioned rough—
Brown and fat—
Homely—comfortable—
  The molasses jug.

Rain on the roof.
Sunday in the quiet kitchen.
Mother reading.
The trickling joy of the molasses in the jug.

The checkered apron tied about my neck.
The whiffs of boiling sweetness—
Many "tastes" in cold water.

Father—Mother—Everybody
Pulling—snipping—chewing—

The Littlest Baby's hair
All stuck!

To-day—
A bit of Home,
  The fat molasses jug.

CHAPTER XXXIII

CANDIES AND OTHER CONFECTIONS

(All measurements are level)

SUGAR—and sugar forms the basis for most candy—is an essential item in the dietary of both children and adults, and if properly used—that is to say in the right proportions and at the right time—it is a food instead of a luxury. It is only when the use of sugar and candy is abused that they become a menace.

The constant eating of sweets throughout the day should be prohibited, but a few good candies, particularly those that are home made, eaten at the close of a meal, are not apt to cause any serious trouble. But those of us who have a tendency to undue stoutness must be just as wary of the sugar bowl and candy box as we are of starchy foods and of white bread, for both increase weight.

Having decided that candy really has a valuable place in the home, why not have the satisfaction of serving home-made candy? There is no reason for feeling that there is any uncertainty or wastefulness about candy-making, because it is an exact science, and if we know the why and how of the various processes there will be or should be no failures.

The Necessary Equipment

A wonderful and extensive variety of candies can be made with very few utensils other than the ordinary ones to be found in every kitchen, but three additional items will probably have to be purchased to complete the outfit: (a) candy theremometer, (b) marble slab, and (c) candy creaming knife or spatula.

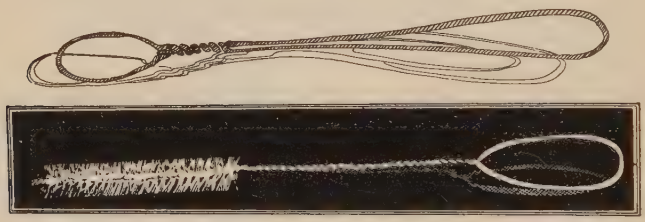
The Thermometer

This can be obtained from any wholesale dealer in confectionery supplies or from most good house-furnishing stores.

The thermometer must register up to at least 340 degrees F. and is really the most important item of equipment for candy-making. There must be no guess work, exact temperatures are essential to good candy, and if the various cooking processes are gauged by a thermometer there will be no waste, no uncertainty as to results, no over-cooking or under-cooking.

The Marble Slab

If you have to purchase this for home use, my advice to you is to go to some second-hand furniture store, for there



A fork for dipping candies, and a brush to clear the liquid from the sides of the fondant kettle

Fondant should be creamed on a marble slab with a candy creaming knife

you will probably be able to find just what you want at very small cost, but the chances are you will not even have to do this, for up in the garret or down in the cellar or at Grandmother's house, there is likely to be an old-fashioned marble-topped table, wash-stand, or old bureau, and if there is,

borrow or beg it, or purchase it on the promissory note of one or two boxes of the candy you are going to make.

The Creaming Knife or Spatula

This is a broad-bladed steel implement such as is used by plasterers and decorators and can be bought either from a dealer in wholesale confectionery supplies or at a good house-furnishing store. It must be strong yet flexible—strong because it will have a great deal of work to do, and flexible so as to work easily and thus save the use of unnecessary elbow grease.

Other necessary items of equipment which are probably on hand are a pint and a half-pint measure, an accurate scale, a set of measuring spoons—teaspoon, half teaspoon, and quarter teaspoon—a strip of table oilcloth on which to set candies to dry, small brush, dipping fork, two or three saucepans of varying sizes, which should be reserved for candy-making only, and one or two tablespoons for stirring.

If you are planning to become a really expert candy-maker and possibly to sell some of your candy, there are other things in the way of equipment which you will want to have later on, so as to simplify the work and to give the finished candies a more professional look, but you will find the equipment indicated ample for home candy-making.

Materials Used in Candy-Making

Generally speaking, these are as follows: sugar, molasses, corn syrup, nuts, fruits (fresh and crystallized), flavouring extracts, vegetable colourings, butter, cream, confectioners' chocolate, cocoanut, honey.

Sugar

The sugar for fondant, glacé, and indeed for most candies except butterscotch, should be fine granulated. For taffies you will also need old-fashioned brown sugar. The same as the kind you used in everyday cooking. This is also true of the molasses and corn syrup.

Nuts

The most commonly used are: English walnuts, Brazil nuts, peanuts, and pistachios. For greater variety add

hazel nuts, pine nuts, black walnuts, hickory nuts, and pecans. Nuts turn rancid easily if kept in too warm a place.

Fruits

Dried crystallized and candied fruits, such as figs, dates, raisins, candied cherries, crystallized pineapple, apricots, and indeed all of the fine crystallized fruits, make a wonderful showing when deftly introduced into the more decorative candies in the boxes. These fruits are sometimes pressed into fondant, cut up and blended with it, or coated with glacé sugar. Occasionally fresh fruits are used in candies but only where they are to be chocolate-dipped.

Flavouring Extracts

Only the purest flavouring extracts should be used in candy-making—first, because they have the greatest delicacy of flavour, and second, they are highly concentrated, this meaning that less is needed than of poorer-grade flavourings. Remember that every drop of moisture added to the candy has a softening tendency.

Colourings

Colouring pastes are preferable to liquid colourings for the same reason that highly concentrated flavouring extracts are best—they produce firmer candies. Only vegetable colourings should be used and sparingly.

Chocolate

Confectioners' chocolate is used both for flavouring and for dipping and can be purchased at some grocery stores or from wholesale candy-supply houses. It comes in five- and ten-pound blocks.

The Use of the Thermometer

As already stated, the candy thermometer is the most important implement in candy-making. The various degrees—thread, soft ball, etc.—are indicated at one side of the mercury tube; on the other side are the Fahrenheit degrees.

The first important point of temperature is that of the "thread." This is reached at 230 degrees and it is at this

point that the sugar begins to spin a thread when a drop is lifted from the mass in the pan. The "soft ball" stage is reached at 238 degrees. This is the point where, when we were children, we used to drop a little bit of the candy into a cup of cold water and test it with the fingers to see if it made a soft ball, but all the time we were testing the candy it continued to cook and became harder, and please remember that after candy reaches 220 degrees it rises in temperature rapidly. With the use of the thermometer we know when it has reached the desired stage and we can instantly remove the candy from the heat without any testing in cold water.

The amateur *hopes* her candy will be all right after testing in cold water—the expert *knows* it will be all right because the thermometer says it has reached the right degree.

The next temperature of importance is 254 degrees or the "hard ball" stage, then 290 degrees which is the "crack," and 310 degrees which is the "hard crack" stage.

Preparation of the Marble Slab

For some candies the slab must be oiled, for others wet with cold water, as indicated in the different recipes. In moulding such candies as butterscotch caramels and the various toffies, the home candy-maker generally pours the cooked mixture into oiled pans. The professional candy-maker despises pans and uses heavy steel bars placed on the prepared slab so as to form a box, large or small, as may be needed to make the candy of proper thickness or height. Do not forget that the bars as well as the slab need oiling to prevent the candy sticking.

THE MAKING OF FONDANT

The simplest and most useful base for candies is fondant. This may be either cooked or uncooked. When children are making candy, by all means let them prepare uncooked fondant, for there is no likelihood of failure or any fear of their burning or scalding themselves while preparing it. For really fine candy-making, however, cooked fondant should be used.

Uncooked Fondant

White of 1 egg
1⅓ cupfuls sifted confectioners' sugar
⅛ teaspoonful salt
A few drops flavouring extract

Beat the white of the egg slightly but not to a froth. Add the salt, then sugar until the mixture is firm enough to knead with the hands. Work in the flavouring (if preferred, grated orange rind or fresh fruit juice may be used instead of flavouring extract). Knead on a board, which has been sprinkled with sugar, until the fondant is smooth.

Cooked Fondant

2 cupfuls sugar
1½ cupfuls water
1½ teaspoonfuls vanilla or other flavouring

Put the sugar and water in a rather deep saucepan, place over a gentle heat, and stir until the sugar is dissolved, then remove the spoon and do not stir again, for stirring causes cloudiness and crystals. Hang the thermometer over the edge of the pan and allow the sugar and water to boil until the thermometer registers 238 degrees. A few crystals will probably be deposited on the sides of the saucepan during the cooking. Remove these with a small brush dipped in cold water. When 238 degrees is reached, pour the candy on to the marble slab which has been moistened with cold water. Measure and add the flavouring and with the wide flexible spatula work the candy back and forth, not stirring but rather creaming it, until gradually it becomes white and firm. Set aside to mellow in a bowl covered with a damp cloth or in a covered jar. It can be used after one hour, but if kept closely covered so as to retain all moisture it may be kept for a week or more.

Fondant Candies

Divide the fondant into four or five portions; to each add one-third teaspoonful of flavouring; add to one portion two tablespoonfuls of finely chopped nuts, to another a few crystallized cherries cut into bits, and to another a finely cut fig or a few dates or raisins. Form each portion into a roll or bar about three quarters of an inch thick and set aside for a few moments to become firm, then cut into individual candies, remembering that each flavour should be of a different shape.

These centres are now ready to dip in melted fondant or melted chocolate.

Remelted Fondant for Bonbons

Put a cupful or more of fondant in the upper vessel of a double boiler, place over hot water to soften, stirring while melting so that the fondant will not return to clear syrup. When melted pick up the centres one at a time, drop them lightly into the pan of fondant, and immediately lift them out with the dipping fork, turn them upside down on waxed paper or on table oilcloth. Pieces of crystallized ginger, candied fruits, or whole nuts may be used as centres for coating with remelted fondant. The work must be done quickly as remelted fondant cools rapidly, and when cool the candies dipped in it will not be smooth.

After dipping a few centres in the plain white remelted fondant the remainder may be coloured a very delicate pink or green with vegetable colouring for sake of variety.

Fresh fruit such as grapes, whole sections of orange, or cherries, can be used for bonbon centres but only when these bonbons are redipped later in melted chocolate. In this case the cocoa butter in the chocolate forms an impervious surface, holding in the juices of the fruit which would melt the fondant if a further chocolate coating were not used.

Cooked Peppermint Cream Wafers

Add five drops oil of peppermint to one cupful of remelted fondant, then drop by teaspoonfuls on to waxed paper; set aside for twenty-four hours to become firm.

Cooked Wintergreen Cream Wafers

Add five drops oil of wintergreen to one cupful of remelted fondant and proceed as directed in the above recipe. Two drops of green colouring may be added to the remelted fondant with the oil of wintergreen if desired.

Fruit Fondant Bars

1 cupful fondant
½ cupful coarsely cut mixed crystallized fruits
⅓ cupful coarsely sliced mixed almonds and pistachios

Spread the fondant on a marble slab; work in the fruit and nuts. Roll into a long strip, flatten the top and sides slightly,

and cut into inch lengths, These may be wrapped in waxed paper, or if cut into half-inch lengths may be dipped in remelted fondant or in chocolate.

Uncooked Peppermint Cream Wafers

White of 1 egg
⅛ teaspoonful salt
About 1½ cupfuls confectioners' sugar
6 drops oil of peppermint

Beat the white of egg slightly, add the salt and peppermint. Sift the sugar, add it a little at a time, using enough to make a firm paste. The quantity of sugar may vary a little according to the size of the white of egg. Knead on a slab or platter until smooth, roll thin; stamp into rounds with a very small cutter. Place on waxed paper and set aside in a cool place for twenty-four hours before using.

Uncooked Wintergreen Cream Wafers

Substitute six drops of oil of wintergreen for the peppermint in the above recipe and proceed as directed.

CHEWING CANDIES AND CARAMELS

All the toffies and caramels are closely related, the consistency desired for the finished candy governing the exact degree to which it is to be cooked. Butterscotch, for instance, is of harder consistency than caramels and therefore must be cooked to a higher temperature. The general basic ingredients, however, and the method of putting them together are very similar.

Caramels

1 cupful granulated sugar
1 cupful corn syrup
⅔ cupful cream
⅔ teaspoonful butter
½ teaspoonful salt
2 teaspoonfuls vanilla extract

Put the sugar, corn syrup, salt, and half of the cream together in a saucepan, stir until boiling, then cook until the thermometer registers 230 degrees, stirring frequently. Add the rest of the cream, a spoonful at a time, so as not to check the boiling, add the butter, and continue to cook to 240 degrees, or if a very firm caramel is desired, cook to 244 degrees. Remove from the heat, add the flavouring, and pour into a small well-oiled pan or on to an oiled slab between oiled irons.

When cool cut into squares and wrap each caramel in waxed paper.

Chocolate Caramels

Add three tablespoonfuls of melted chocolate to the above recipe when the thermometer registers 230 degrees and finish as directed.

Maple Caramels

Add one teaspoonful of concentrated maple flavouring to the above recipe with the vanilla.

Nut Caramels

Add one cupful of coarsely broken nut meats after removing the caramel mixture from the heat and stir them lightly into the boiling mixture.

Ribbon Caramels

Pour one half the caramel mixture into the prepared pan, cover quickly with marshmallows, placing them close together, then cover with the remainder of the caramel.

Everton Toffy

1 pound light brown sugar
½ cupful butter
2 tablespoonfuls molasses or corn syrup
½ teaspoonful salt
¾ cupful water

Place all the ingredients together in a large saucepan, stir gently until the sugar is dissolved, then stir occasionally during the entire cooking process. Cook to 300 degrees, pour into oiled pans or on to an oiled slab between oiled irons, and when about half cold, mark into squares.

Scotch Kisses

Everton toffy Marshmallows

Wipe the loose starch from the marshmallows with a cloth or brush it off with a small brush. Dip them, one at a time, very gently, into the Everton toffy, lifting them from the saucepan with a fork or candy-dipping fork. Lay them upside down on an oiled slab or platter to cool.

Butterscotch

3 cupfuls brown sugar
5 tablespoonfuls butter
4 tablespoonfuls water
2 tablespoonfuls corn syrup
¼ teaspoonful salt
1½ teaspoonfuls vanilla
2 tablespoonfuls cream

Cook the sugar, butter, water, and corn syrup together until a little dropped in cold water forms a soft ball—if using a thermometer cook to 238 degrees. Add the salt and cream and cook until a little dropped in cold water immediately hardens —254 degrees. Remove from the heat, add the vanilla, and turn into a shallow oiled pan or pour on to an oiled slab between bars. Mark into squares when partly cool.

Peanut Brittle

2 cupfuls sugar
⅔ cupful water
⅛ teaspoonful cream of tartar
2 tablespoonfuls cream or evaporated milk
2 tablespoonfuls molasses
1¼ teaspoonfuls baking soda
⅛ teaspoonful salt
1 cupful shelled roasted peanuts

Cook the sugar, water, cream of tartar, and salt quickly to 280 degrees, then add the molasses and the cream or evaporated milk, which will cool the mixture. Let it boil up again quickly and cook to 310 degrees, stir in the soda, which must be crushed fine, and the peanuts. Turn on to an oiled slab or platter, cool, and pull out thin.

Walnut Brittle

Substitute one cupful coarsely broken walnuts for the peanuts in the above recipe.

Molasses Candy

4 cupfuls molasses
½ teaspoonful baking soda
⅛ teaspoonful salt

Put the molasses and salt into a very large saucepan and boil for half an hour, stirring gently all the time. When a little dropped into cold water immediately becomes hard the candy is sufficiently cooked—if using a thermometer cook to 300 degrees. Add the soda, stir until it foams thoroughly, then turn on to an oiled slab or platter to cool. The edges will cool more rapidly than the centre, so they must be gathered up and turned into the centre of the mass. When cool

enough to handle, pull until of a light golden colour, then cut with a knife or scissors into convenient-sized pieces.

If much molasses candy is made it is well to have a strong steel hook fastened into the wall over which the candy can be thrown and pulled, as better and quicker results will be secured in this manner than if the candy is just pulled with the hands.

Buttercups

After pulling molasses candy until very light in colour, put a layer of it on a slightly oiled slab or a sheet of table oilcloth, over this put a thin layer of fondant and cover with another layer of molasses candy. Let the mixture stand for a few minutes to harden slightly then cut into squares with sharp scissors.

Pulled Honey Toffy

3 cupfuls sugar
⅔ cupful honey
⅔ cupful boiling water
2 tablespoonfuls lemon juice

Cook the sugar, honey, and water together quickly until a little lifted on the spoon shows a long trailing thread—if using a candy thermometer cook to 230 degrees. Turn on to an oiled slab or platter to cool, and turn the edges into the centre as they cool (see recipe for molasses candy). Pull until white and cut into even lengths with scissors.

Honey Crisp

1 cupful shelled walnut meats
2 cupfuls honey

Break or chop the nuts into small pieces and spread them in a medium-sized dripping pan which has been well oiled with butter or salad oil. Put the honey into a saucepan, place it over a gentle heat and let boil for five minutes after it reaches boiling point, stirring occasionally while cooking. Pour over the nuts, set aside to become hard, then crack the crisp into convenient-sized pieces for serving.

CANDIES OF FUDGE FORMATION

Smith College Fudge

3 cupfuls sugar
2 squares (ounces) chocolate
3 tablespoonfuls butter
1 teaspoonful vanilla extract
¾ cupful milk
1 cupful nut meats

Boil the sugar, milk, and chocolate together for about five minutes—or until a soft ball is formed—238 degrees. Remove from the heat and beat in the butter, nut meats, and vanilla.

The chief secret of good fudge is not to boil it too long but to beat it hard and long.

Raisin Fudge

3 cupfuls sugar
¼ cupful molasses
½ cupful nut meats
½ cupful milk
2 squares chocolate
½ cupful raisins

Boil the sugar, milk, chocolate, and molasses together to the soft-ball stage—238 degrees; remove from the heat and beat in the nut meats and raisins. Beat until thick, then turn into well-buttered pans, and when nearly cold cut into squares.

Marshmallow Fudge

Fudge
2 cupfuls marshmallows

Prepare and cook fudge as directed, but when ready to beat add one cupful of the marshmallows cut into eighths and distribute the remaining cupful over the buttered pan in which the fudge is poured to cool.

Fudge Nougat

2 cupfuls granulated sugar
1 tablespoonful butter
1 cupful milk
3 tablespoonfuls orange juice
½ cupful chopped nuts
½ cupful raisins and figs mixed
Few grains salt

Boil the sugar, butter, milk, and salt together until a little dropped into cold water forms a soft ball—238 degrees; then add the orange juice, beat it in thoroughly, stir in the nuts, raisins, and figs, pour into a buttered pan, and when cool, cut into squares.

Maple Walnut Penuche

1½ cupfuls granulated sugar
1 cupful maple sugar
1½ cupfuls brown sugar
2 tablespoonfuls butter
1 cupful chopped walnuts
1 cupful cream or evaporated milk
¼ teaspoonful salt

Cook the three sugars, salt, and cream together until a little dropped into cold water forms a soft ball—if using a ther-

mometer cook to 238 degrees. Add the butter and chopped walnuts. Cool slightly, then beat until creamy. Pour into an oiled pan or on to a slab between bars and mark into squares when cool.

Seafoam

2 cupfuls maple sugar
1 cupful brown sugar
½ cupful water
1½ teaspoonfuls vanilla extract
White of 1 egg
⅛ teaspoonful salt

Cook the maple sugar, brown sugar, water, and salt to 240 degrees, add the vanilla, and pour over the stiffly beaten white of egg, beating while pouring. Continue to beat until the mixture is quite stiff, then drop by teaspoonfuls on to waxed paper or table oilcloth.

Maple Pralines

2 cupfuls confectioners' sugar
1 cupful maple syrup
½ cupful evaporated milk
1½ cupfuls nut meats

Cook the sugar, syrup, and milk together rapidly until when a little is dropped into cold water it forms a soft ball—if using a candy thermometer cook to 238 degrees. Cool, beat until creamy, add the nut meats, and drop by spoonfuls on to waxed paper.

NOUGAT

Nougat is a very favourite candy and exceedingly attractive. It is rarely attempted by the home cook, who looks on it as beyond her powers. There is, however, no special secret about the making of nougat provided one has a candy thermometer and can watch the temperature, and also provided it is thoroughly beaten in order to make it firm. Nougat may be used plain or it may be cut into bars one and one half inches long and three quarters of an inch wide and dipped into melted chocolate.

1½ cupfuls sugar
1½ cupfuls corn syrup
⅓ cupful water
¼ cupful honey
½ cupful nuts (optional)
½ cupful crystallized cherries
Whites of 2 eggs

Cook the sugar, corn syrup, and water to 300 degrees, or until a little dropped into cold water immediately becomes brittle. Meanwhile, beat the whites of eggs until stiff, beat

in the honey, and when the syrup is cooked, pour it over the egg and honey, continuing the beating until the mixture is quite thick. Add the nuts and cherries, turn on to an oiled marble slab, keeping in shape with bars until thoroughly firm, which will take several hours. Cut into oblong pieces and wrap in waxed paper.

Nougat may be coloured a very pale pink or green. If this is desired add the colouring paste to the hot syrup just before pouring it over the whites of eggs and honey.

GLACÉ

Glacé or glacé sugar is used for the dipping of nuts and fruits and for the making of various hard candies. It is an exceedingly pure form of candy, very easily made, yet requiring careful watching, as it quickly clouds, and obviously, when not clear, its beautiful effect is lost. It is from glacé that the spun sugar nests used chiefly for their decorative purposes are made.

The remains of glacé, after dipping nuts and candies, may be very delicately coloured, flavoured with a few drops of cinnamon, wintergreen, clove, lemon, or any other desired extract and dropped or poured on to an oiled slab or platter in the form of small candies.

1 pound sugar $\frac{1}{8}$ teaspoonful cream of tartar
$\frac{2}{3}$ cupful water

Place all the ingredients in a small saucepan, stir only until the sugar has dissolved, then cook to 320 degrees. Remove immediately from the fire and drop whole or half nuts and candy centres, one at a time, into the syrup, gently, so as not to disturb it and make it cloudy. Lift them out immediately with the candy fork and turn on to an oiled slab or platter or table oilcloth to set.

Lollipops

Divide glacé into three portions and keep it hot. Add to one portion one or two drops of red colouring and flavour with one-fourth teaspoonful of cinnamon extract; colour the second green and flavour with mint or wintergreen; colour the third yellow and flavour with lemon or orange. Pour into small round oiled pans (individual muffin pans may be used) and

when beginning to cool press a stick firmly into each lollipop.

Lollipop Apples

Select very small red apples, wash and dry them, put a stick or skewer in each, and dip them in the glacé.

CHOCOLATE DIPPING

Chocolate dipping forms a special branch of candy-making. A good chocolate dipper has a trade at his or her finger tips. Chocolate dipping is peculiarly adapted to women, whose sensitive fingers can gauge the temperature of the chocolate very much more easily than can those of the average man.

Both sweet and bitter chocolate are used for dipping. Melted bitter chocolate seems very much thinner than the sweet, and this is only natural because bitter chocolate is just pure rich chocolate without the addition of sugar, which, of course, thickens it.

Chocolate must always be melted in a double boiler and ample time must be allowed. When it is all thoroughly softened—and it is best to melt at least two pounds at once—turn it on to the marble slab and work and cream it with the flat of the hand (fingers and palm) until the chocolate feels cool to the touch. It must be at a lower temperature than the hand in order to feel cool, and unless the chocolate is allowed to cool thoroughly, all dipped candies will be streaked and light in appearance instead of a deep, rich golden brown. Pick up the nut, fondant centre, fruit, or whatever is to be covered with chocolate, one piece at a time, and roll it in the soft chocolate, then pick it up with the fingers and allow any excess chocolate to drip off. Place on heavy waxed paper and let stand until perfectly cold before handling.

If candy centres are to be rolled in nuts after being dipped in chocolate, it is not necessary to watch the temperature of the chocolate, because the nuts will cover up any possible streakiness, but when this is not to be done, it is of the utmost importance that the chocolate be thoroughly cooled, and in addition to this, it is essential that the work be done in a cool room. Candy manufacturers have their dipping room arti-

ficially cooled so that their dippers may work under the most perfect conditions.

All professional candy manufacturers add a small amount of cocoa butter to the chocolate to be melted for dipping—one bar of cocoa butter to five pounds of dipping chocolate. This makes the chocolate harden more rapidly, keeps it from being sticky, and assists in the preventing of discolouration. It is, however, not necessary if the weather is cool and the chocolates are to be used quickly.

Peanut Clusters

½ pound sweet dipping chocolate — 3 cupfuls roasted peanuts measured after shelling

Cut the chocolate into small pieces, put it into the upper part of a double boiler, and melt slowly over hot water. Shell, hull, and measure the peanuts, and when the chocolate is melted, drop them into it and stir so that all the nuts are coated with chocolate. Drop by teaspoonfuls, on to waxed paper and set aside until firm.

Chocolate Honey Crisp

Honey crisp — Melted dipping chocolate

Mark honey crisp into squares with a knife when nearly cold. When the cooling is completed, break the candy at the markings and drop one square at a time into the melted chocolate, being careful not to have this too hot. Lift out quickly with a fork and place on waxed paper or an oiled slab to cool.

DECORATIVE CANDIES

Candied Orange Rind

Orange rind — Water and sugar

Cut the rind of bright yellow oranges into long strips—about one-fourth inch wide—cover them with cold water and bring slowly to boiling point. Drain off the water, add fresh, and repeat the process three times. Measure the orange rind, add an equal amount of sugar and just enough boiling water to cover, simmer until the rind is tender and

clear. Cool, drain from the syrup, and roll the strips in granulated sugar. Spread them out to dry for several hours and roll again in granulated sugar if at all sticky.

Candied Grapefruit Rind

Proceed as directed in the above recipe but allow the cut rind to stand in cold water overnight to extract some of the bitterness before bringing it to boiling point.

Candied Lemon Rind

Proceed as directed above, substituting lemon rind. (This also should be allowed to stand overnight in cold water.)

Candied Cranberries

3 cupfuls large bright red cranberries	2 cupfuls sugar ⅔ cupful water

Cook the sugar and water together for five minutes. Prick the cranberries with a needle, add them to the syrup, cover, and cook very gently until the fruit is transparent. Allow the berries to remain in the syrup overnight, then drain, roll in granulated sugar, and dry very slowly in a cool oven—250–275 degrees F.

Cranberries prepared in this way are a very acceptable substitute for the expensive crystallized cherries.

Crystallized Fruits

Use your own preserves—peach, pear, apple, quince, or watermelon rind will do. Drain from the fruit all possible syrup. Cut any size desired, sprinkle with sugar, and dry in the warmer or a very slow oven. It may be necessary to sprinkle the fruit again with sugar during the drying. When dry enough not to be at all sticky, sprinkle with sugar and pack in layers with wax paper between. This fruit may be dipped in bitter chocolate for bitter-sweets.

Crystallized Carrots

Cut tender carrots into strips, simmer in boiling water until tender, drain, measure, add an equal amount of sugar and water to almost cover. Cook until clear, drain, roll in granulated sugar, and spread out to dry, repeating the sugar coating if necessary.

Crystallized Flowers

Candied Rose Petals

Dip large rose petals in a heavy sugar syrup made by boiling a cupful of sugar and a fourth cupful of water together for ten minutes. Drain, lay on waxed paper to dry for a few hours, then brush over with slightly beaten egg white and dust with granulated sugar. Dry in the sun or on the radiator.

Candied Violets

Select English violets or the very sweet-scented bird's-foot violets that grow wild, remove all the stem, then finish as directed for candied rose petals.

Candied Lilacs

Select very beautiful small clusters of purple lilacs, remove all the stem possible, and proceed as for candied rose petals.

Candied Orange Blossoms

Select clusters of three or four orange blossoms each, remove as much stem as possible, and proceed as for candied rose petals.

Candied Mint Leaves

Select perfect mint leaves and proceed as for candied rose petals.

Stuffed Dates and Raisins

Dates and raisins may be stuffed with fondant, plain or nutted, or with crystallized ginger, small pieces of crystallized orange or grapefruit rind, or with ground nuts or whole almonds. A clean cut must be made in the side of each date or raisin, the seeds or stone removed, and the cavity filled according to individual taste.

Devilled Raisins

Raisins
Deep frying fat
Salt and pepper
Ground ginger

Select large plump raisins, remove the seeds, and fry the raisins in deep fat hot enough to brown a piece of bread in forty seconds—if using a frying thermometer, 375 degrees. Cook for half a minute, drain very thoroughly, then sprinkle with salt, pepper, and ground ginger.

Date Balls

2 cupfuls stoned dates
⅔ cupful nuts, chopped fine
1 tablespoonful chopped preserved ginger
1 tablespoonful of the ginger syrup
Desiccated cocoanut

Pass the dates, nuts, and ginger twice through the food chopper, moisten with the ginger syrup, form into balls with the hand, and roll each in the cocoanut.

If preferred, the balls may be rolled in finely chopped nuts, using the same kind as those in the candies themselves.

Caramel Almonds

1 pound Jordan almonds
1 pound sugar
2 tablespoonfuls water

Shell, then blanch the almonds and dry them in a cool oven until pale brown. Put the sugar and water into a granite saucepan, stir until melted and slightly browned. Drop the almonds into the caramel, coat, and lift them out one at a time with a candy fork on to an oiled slab.

Candied Chestnuts

French chestnuts
Sugar
Water

Peel the chestnuts, then place them in the oven for a few minutes, until the inner brown skin is crisp so that it can be rubbed off. Prepare a syrup in the proportions of two cupfuls of sugar to one cupful of water. Simmer the chestnuts in this until tender, drain, roll in granulated sugar, and lay on waxed paper or on table oilcloth to cool and dry.

Salted Almonds

½ pound Jordan almonds
2 tablespoonfuls salad oil
Salt

Blanch and dry the almonds, place them in a shallow pan, pour the oil over them, and toss about until all are coated.

Bake in a slow oven—325 degrees F.—until the almonds are a pale golden brown. Sprinkle generously with salt while still hot and place on soft crumpled paper to cool.

Salted Walnuts, Peanuts, and Pecans

Substitute walnut or pecan meats or roasted peanuts for the almonds in the preceding recipe.

Marshmallows

As a general rule it is better and less costly to purchase marshmallows than to try to make them. Here, however, is a recipe should you desire to make them:

Soak three ounces of gum arabic in one cupful of water for two hours, cook in a double boiler until dissolved. Strain, return to saucepan, and add one cupful of powdered sugar; stir until stiff and white. Add one teaspoonful of vanilla, beat it in and pour the mixture into pans which have been rubbed over with cornstarch. Cut in squares when cold and roll in cornstarch and sugar, in the proportions of three parts cornstarch to one of sugar.

Fruit Paste

1 cupful cherry, peach, or quince preserve
Sugar
2 tablespoonfuls granulated gelatine
2 tablespoonfuls cold water

Press the preserve through a coarse sieve and measure after sifting. Heat to boiling point, then add the gelatine which has been softened in the cold water. Stir until dissolved and when cool and thick turn into an oiled dish or on to an oiled slab between bars making a layer one inch thick. After two days cut into squares and roll in granulated sugar.

Dried fruit soaked overnight and cooked with sugar to sweeten thoroughly may be substituted for the preserve if desired.

Turkish Delight

1 package gelatine
1 cupful water
4 cupfuls sugar
Grated rind one orange
½ cupful water
9 tablespoonfuls orange juice
5 tablespoonfuls lemon juice
1 cupful chopped walnut meats

Soak the gelatine in the cupful of water, add it to the sugar and half cupful of water and boil for ten minutes. Add the

orange and lemon juice and the grated orange rind, and cook ten minutes longer. Add the nut meats, pour into buttered pans, let stand overnight, cut in squares, and roll in powdered sugar.

Persian Sweets

¾ cupful figs
¾ cupful nut meats
¾ cupful stoned dates
¾ cupful stoned prunes
½ cupful candied cherries
½ cupful candied pineapple
The grated rind of 1 orange
2 tablespoonfuls lemon juice
½ cupful shredded cocoanut
½ cupful cocoa and powdered sugar mixed
½ cupful finely chopped nutmeats (additional)

Pass all the fruit and the three-fourths cupful of nut meats twice through the food chopper. Add the grated orange rind and the lemon juice and knead and mix thoroughly with the hands to form a paste. Roll into balls the size of a marble, and as soon as rolled, drop part of the balls into the shredded cocoanut, part into the cocoa and sugar mixture, and part into the chopped nut meats. Set aside for at least two hours before using to ripen and become firm.

Pop Corn Candy

2 cupfuls granulated sugar
⅓ cupful water
2 tablespoonfuls butter
2 quarts popped corn

Boil the butter, sugar, and water to 300 degrees, pour in the popped corn, and stir all together until corn is well coated with the candy. Cool slightly, oil the hands, and form the corn into balls, or, if preferred, while the candy is still warm, press into an oiled pan or between oiled bars, and when cool cut into squares.

Chocolate Pop Corn Candy

Add three tablespoonfuls of melted cooking chocolate to the syrup and stir well just before adding the popped corn.

Cinnamon Pop Corn Candy

Add one-half teaspoonful of cinnamon extract to the syrup just before stirring in the popped corn.

EDIBLE FAVOURS

Wonderfully attractive favours can be made out of candies, fruits, and nuts, as, for instance:

Candy men, whose bodies are made of two figs, made fat and chunky by pressing the figs into shape with the fingers—bag figs are really best for these. Insert two wooden toothpicks into the upper fig for the arms, stick two or three raisins on each, and form the legs in the same way. Two almonds into which the ends of these toothpicks are stuck make the feet. The head may be a marshmallow with features formed from melted chocolate, and another nice round thin fig makes a cunning Tam o'Shanter hat.

Monkeys, and other animals unknown in the Zoo, can also be formed from dried fruits and nuts and will highly entertain the small folks.

For the older guests favours can be made in the form of bouquets of flowers, these being merely coloured gum drops which are stuck on to wires which have been covered with green paper. A few artificial leaves or some asparagus fern may be tucked into each bouquet. A delightful old-timey look is given by having the wires (stems) passed through a very small lace paper doily. Of course, if you like, you can wrap the stems with foil which you can buy from your florist, or you can tie each bouquet with a bow of ribbon which will make the general effect more pleasing.

These bouquets may be grouped together in a silver or crystal dish and used as the centrepiece for a luncheon table, each guest afterward receiving a bouquet as a favour; or each bouquet may be stuck through a piece of chocolate-coloured pasteboard, which, in turn, is pressed into the top of a very small red earthen flower pot to look as though the little flowers were growing, and one flower pot set at each place.

Packing Candy for Gifts or for Sale

Candies should always be packed attractively, the prettiest ones being placed in individual paper cases which come especially for this purpose. It is nice to use the cases for all good cream candies, but at least use them for the top layer of the box, as in this way it will make a very much better showing. Of course, fudge, butterscotch, and all of the semi-sticky candies should be wrapped carefully and daintily in squares of waxed paper.

Very attractive candy boxes can be made by covering

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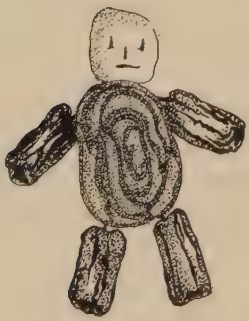

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6

1. *Doll made of hard stick candy, in a tarlatan body—a peppermint face:*
2. *A lollipop doll, face "painted" with vegetable colorings.*
3. *A dressed up stick of candy—red and white, of course.*
4. *A marshmallow "doll."*
5. *A funny man—with a fig body, legs and arms of dates, and a marshmallow head!*
6. *Christmas tree ice cream. Just ice cream in a flower pot—grated chocolate for earth, and a crêpe paper Christmas tree growing in it.*

regular store boxes with thin wall paper or with any flowered paper cut to the right size. Little individual baskets of splint, raffia, or straw make dainty containers and can often be picked up very inexpensively.

Little pottery jars which can later be used as fern dishes make good containers, and tin cracker boxes, painted, enamelled or stencilled, are all good.

CHAPTER XXXIV

GARNISHES

THERE is a difference between the terms garnishing and decorating: Garnishing pertains especially to the embellishing of foods with some other food, as meat with parsley; candied cherries with a Bavarian cream, etc. Decorating is used correctly in connection with foods only when flowers are used or when a very elaborately decorated moulded chicken or fruit jelly is made, or when a wedding cake is decorated by the right use of ornamental frosting.

Daintiness in serving is really part of garnishing. Meats, fish, and other savoury foods should be placed upon the plate so they do not extend beyond the flange. Great care should be taken not to spill soup on the edge of the plate or the bouillon saucer. Salads should be arranged so they do not extend beyond the flange of the plate. Dessert saucers or plates should not be over-filled. All untidy drops left from the serving of any food should be wiped off with a clean damp cloth.

Linen doilies should be put upon the plates used for the service of sandwiches, rolls, or bread. If muffins are to be kept hot, an embroidered muffin cloth may be used to fold over them. Paper doilies may be used instead of linen if desired. In some cases, grape or other leaves may be used instead of doilies, as under finger bowls or glasses containing fruit cocktails.

Paper frills, home made or purchased, may be used on rib chops, legs of fried or broiled chicken, or Frenched rib pork chops. Small paper cases, home made or purchased, may be used for the service of biscuit tortoni, small portions of cranberry sauce, jelly or jam, or sauce tartare. In this instance, the tiny cases containing an accompaniment to the main course are usually put upon the plate itself with the other foods.

As a matter of fact, the dishes on which the foods are served are also part of the garnish, for the colour in the border can often accentuate the beauty of the dish itself. A little thought as to the appearance of the foods in the dishes at hand will develop more beautiful effects.

Throughout the recipes in this book special attention has been paid to the right garnishes for certain foods. This section is designed to be merely one of suggestion.

All foods may be garnished; as far as possible, the garnish should be edible and very simple.

Bread Garnishes

Toast: Use under poached and other soft-cooked egg dishes; all kinds of creamed meat, fish, or substantial vegetables; lamb chops, stuffed eggs, broiled sardines, panned oysters, devilled clams; or in the form of toast points, as a garnish to meats, vegetables, fillets of fish, small broiled fish, etc.

Croûtons: Use as a garnish to soups.

Coarse Fried Bread Crumbs: Use as a garnish to plain or creamed vegetables, creamed meat, fish or eggs.

Strips or points of cooked pastry or puff paste: Use with broiled chops (any kind), fried chicken with cream sauce, fricasseed chicken, or any creamed meat or fish.

Bread croustades: Use instead of pâté cases for creamed fish, oysters, lobster, creamed peas, or other creamed vegetables.

Eggs

Sliced: Slice, preferably lengthwise, with a wire egg slicer and use in garnishing spinach, vegetable, meat or fish salads, cold fish loaves, or creamed meats or fish.

Daisy fashion: Cut the whites in lengthwise strips to simulate daisy petals and pass the yolks through a sieve, arranging in piles for daisy centres; use as a garnish to salads, spinach, or other greens which have been chopped fine, creamed meat or fish, creamed rice or potatoes, or on the top of escallops, fish or meat loaves, or as a garnish to moulded savoury gelatine salads.

Egg Balls: Chop hard-cooked eggs fine, blend with stiff mayonnaise, sauce tartare, or mayonnaise and chili sauce

mixed, form into balls and roll in minced parsley, minced green peppers, or green and red peppers mixed.

Vegetables

Parsley, cress, escarole, and lettuce hearts: Use—very well crisped—as a garnish for savoury salads, meat, fish, or egg dishes.

Cooked beets, pimientos, and green peppers: Slice thin, stamp in fancy shapes with vegetable cutters, and use as a garnish to savoury salads and soups.

Pickled beets: Slice and use as a garnish to cold meats or vegetable salads where the beets will not discolour the food.

Tiny pickled onions: Use with savoury salads, or cold meat or fish loaves.

Fluted cucumbers: Use as a garnish to meat, fish, egg, or vegetable salads.

Radish roses: Use with cold meat or fish loaves, or salads, or with planked meat or fish dishes.

Duchesse potato: Use with platter meals of meat or fish, with planked meat or fish, or with vegetable meals.

Cucumber boats and cups and pepper cups: Use as containers for mayonnaise, boiled dressing, French dressing, or sauce tartare, with meat or fish salads, or as a garnish to meat or fish loaves or broiled fish.

Shredded lettuce: Use as a garnish with meat or fish loaves, or cold meat, or as nests for stuffed eggs, or egg, vegetable, meat, or fish salads.

Fringed celery: Use with any kind of savoury salad or cold meat or fish.

Shredded cabbage—red or white: Use either kind singly or in combination with French dressing, as a garnish to cold meat or fish, or substantial salad sandwiches.

Sliced tomatoes or cucumbers: Use singly or in combination as a garnish to cold meats or fish, arranging the slices overlapping, or use with potato or other firm savoury salads. Peeled and quartered cucumbers may also be used.

Asparagus tips: Use—piled in bundles—with any kind of creamed meat or fish, with chicken fricassee, or planked meat or fish. If desired, pass the tips through rings of green pepper or lemon rind.

Vegetable macédoine or vegetables jardinière: Use as a garnish to any kind of hot meat or fish, or savoury croquettes.

Truffles: Use—cut in fancy shapes—as a topping for eggs Benedict, individual moulds of fish, chicken, or other meat salads.

Fish

Anchovies or sardines: These small fish may be used to garnish stuffed tomatoes filled with a bread or fish dressing, vegetable salads, or fish loaves.

Shrimps: Add to any hot or cold fish sauce, for a bit of decoration.

Chopped smoked salmon: Use as a garnish to egg, fish, or potato salad, or on canapés.

Lobster claws and feelers: Use with any lobster dish.

Stuffed mussel shells: Fill these with sauce tartare; buttered dried bread crumbs mixed with sardines or minced shrimps, then browned; with devilled crabmeat dusted with crumbs and browned, and serve as a garnish to any fish dish.

Cheese

Cheese balls: Use as a garnish to vegetable or fruit salads.

Cheese carrots: Use with vegetable or fruit salads.

Grated cheese: Use with vegetable and certain fruit salads and as a garnish to such vegetables as creamed potatoes, creamed noodles, or rice, spinach, stewed tomatoes, asparagus, etc.

Cheese straws: Use as a garnish to salads, in the form of a salad accompaniment.

Pickles

Medium-sized dill, sweet, or sour pickles: Slice, cut in fan shape or in crosswise rounds—according to size—and use as a garnish to vegetable salads, baked beans, baked bean loaf, meat or fish loaves, or broiled or fried fish.

Carrots, beets, or string beans vinaigrette: Use as a garnish to vegetable, fish or meat salads, meat or fish loaves, and fried or broiled meats or fish.

Stuffed pickled beets: Use small pickled beets, stuffing

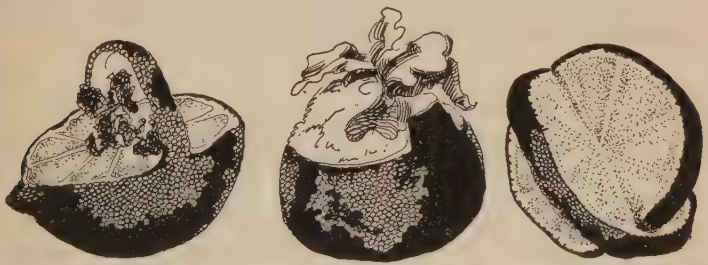
them with the ends of scallions after scooping out the centres of the beets; use with cold meats, fish, or potato salad.

Beet relish: Use as a garnish with hot or cold meat, or fish loaves, or broiled fish.

Pimientos: Use—cut in strips and arranged maltese-cross fashion or in rows, or as the petals of a daisy with centres of hard-cooked egg yolk—with meat, fish, or vegetable salads, Waldorf salad, or meat or fish loaves.

Pickled cauliflower: Use with meat or fish salads or fish dishes.

Sweet pickled pears, peaches, or cherries: Use as a garnish to plain lettuce, romaine, or escarole salad, cold ham or tongue, jellied chicken, or frozen chicken salad.



Lemon basket—Lemon shell filled with sauce tartare and lemon cut for garnishing

Ripe olives: Use whole as a garnish to any savoury salad needing a distinct dark note, as tomato, Waldorf, chicken, etc.

Green olives: Use with vegetable, egg, fish, or meat salads, either whole or stuffed—after removing the pits.

Stuffed olives: Serve—cut in halves or slices—with vegetable, meat, or fish salads, or meat or fish loaves; or cut off the tops, scallop the edges, and use with canapés.

Capers: Use with meat, fish, or vegetable salads, arranged in mound or mould form.

Fruits

Sugared cranberries: Use as a garnish to cold turkey, chicken, duck, tongue, or ham.

Crosswise sections of orange: Dress with mint French dressing, use with duck, lamb chops, or cold sliced lamb.

Sections of orange: Use with any fruit or plain green salad.

Sliced or quartered lemon: Use with fish or tongue.

Spanish lemon slices: Cover half of each slice with minced parsley, the other with minced pimiento, use with steak, pork chops, broiled or fried fish.

Lemon baskets: Fill with sauce tartare, catchup, or chili sauce, and use with fish. To make the baskets see illustration.

Fresh cherries: Use on the stem as a garnish for a fruit cocktail, placing them on the plate.

Clusters of grapes: Use as fresh cherries.

Clusters of currants: Use as fresh cherries.

Firm jelly: Use cubes of firm tart jelly, as currant or cranberry, with cold chicken, duck, or turkey.

Nuts

Whole nut meats: Use either plain or roasted with fruit or potato salads, on cakes, cookies, Bavarian creams, and other moulded desserts, or any moulded gelatine fruit salads.

Chopped nut meats: Sprinkle over fruit or vegetable salads, on cakes or cookies, on mashed white or sweet potatoes.

Glacé nuts: Use to decorate cakes.

Spice Garnishes

Paprika: Sprinkle a little on mayonnaise, whipped cream used with bouillon, or cream or cottage cheese balls.

Cinnamon: Sprinkle on whipped cream used with chocolate or cocoa, or on plain hard sauce, or on a sweet omelet.

Sweet Garnishes

Raisins: Use with fruit salads, on cakes and cookies, in a sweet-sour sauce for ham or tongue, or dot over cooked cereal or ice cream.

Dates: Use, cut in strips or stuffed with cream cheese, as a garnish to fruit salads, in strips in garnishing cakes and cookies, or cooked cereals, or ice cream.

Glacé pineapple or apricot: Cut in fancy shapes and use in decorating cakes and cookies.

Angelica or the green part of citron: Use for fashioning stems and leaves of flowers and in decorating cakes, cookies, and desserts.

Candied cherries: Use in decorating cakes, cookies, and desserts.

Maraschino cherries: Use in decorating desserts, fruit salads, and cups.

Cocoanut: Use shredded cocoanut in decorating cakes, individual moulds, or squares of gelatine, cookies, and certain fruit salads.

Flowers and Fresh Greens

Nasturtiums: Use with cold meats, cold fish dishes, or savoury salads.

Cowslips: Use with moulded cowslip salad or cold meat or fish.

Dandelions: Use as a garnish to dandelion salad, plain, or in combination with some other vegetable.

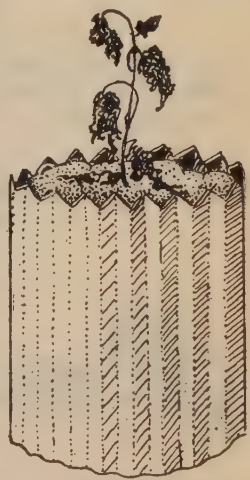
Mint: Use with fruit salads, cold lamb, chicken, tongue, or ham.

Geranium leaves: Use as a garnish and flavouring agent for apple jelly.

Candied Flowers

Candied rose petals, violet leaves, or lilacs: Use as decorations on tiny frosted cakes, as wreaths on loaf cakes, on sundaes, and on rosettes of whipped cream or charlotte russes.

Candied orange blossoms: Use in decorating wedding cake.



A cucumber cup

Cucumber Boats

3 medium-sized cucumbers
Cooked peas
Melted butter
Salt
Pepper

Peel the cucumbers rather thickly, cut them into halves lengthwise, and scoop out the seeds. Cook in boiling salted water until tender—about half an hour—drain very thor-

oughly and fill with peas which have been seasoned with salt, pepper, and melted butter.

Lemon Butter Balls

4 tablespoonfuls butter	¼ teaspoonful lemon rind
½ teaspoonful salt	1 teaspoonful minced parsley
⅛ teaspoonful cayenne	1 tablespoonful lemon juice

Cream the butter until very light, add to it the salt, cayenne, lemon rind, parsley, and lemon juice, a few drops at a time. Beat thoroughly and set on ice to chill. Form into small round balls with a vegetable cutter or with butter paddles.

To Fringe Celery

Cut tender celery in two-inch lengths and fringe the ends with a sharp knife, leaving a short connecting space in the middle. Place in iced water and let stand until the ends curl.

Radish Roses

Select round radishes with fresh green tops. Cut off nearly all the leaves, leaving only one or two on each radish to act as a handle. Then with a sharp knife cut a small

Fringed celery

Radish roses

slice off the root end, pare down the red outside skin to form five petals, and with a sharp knife cut the central portion crosswise into four parts to form the centre. Place in iced water until the roses blossom.

Bread and Jam

Bread and jam.
Biscuits and jelly.
Waffles and marmalade.
Why not?
Life too short, time too precious
To cook?
I wonder.

Look back,
Yesterdays—
You stemmed the currants.
Picked the grapes
Halved the strawberries.

Think back—
Whiffs of boiling fruit juice
"Samples" that you tasted.

See back
Your Mother's face—
Accomplishment!

You slid down hill
Wet and cold and hungry.
Mother gave you bread and jam.
You loved your mother.

CHAPTER XXXV

THE PRESERVATION OF FOOD

(All measurements are level)

FOOD may be preserved in various ways—

1. Drying or dehydrating, the oldest method on record.

2. By harmless preservatives, as the use of excess sugar, salt, or vinegar, all methods used for generations.

3. By self-fermentation, as in certain pickles and sauerkraut.

4. By the dangerous use of actual chemical preservatives, as salicylic acid, benzoate of sodium, and borax, or by preserving powders made of these chemicals.

This method of preserving food is injurious, often dangerous to health, and should not be used under any circumstances. The United States Department of Agriculture has taken a strong platform against the use of preserving powders in which it is stated that "Salicylic acid is a medicine of the greatest value in acute articular rheumatism, and certain other diseases. It is well known as a poisonous substance, and one of the evils which may accompany its use is derangement of digestion and health. It is entirely practicable to put up both fruits and vegetables in such a manner that they will keep indefinitely by sterilizing the products by means of heat, and there is no excuse for running any risk by use of preserving powders."

The same principle holds true with catchup, sauces, sundae mixtures, jams, and other foods, which are often commercially preserved by means of injurious chemical preservatives. Whenever this is done, one may make sure that lack of sanitation and poor grades of foods and carelessness constitute the reasons why a chemical preservative is needed.

5. By heat; this is the newest method of preserving food and includes drying or dehydrating, and canning in tin or

glass by all of the methods now in use. The preserving of foods in tin or glass, as we ordinarily use the term preserving to-day, means a very sweet fruit mixture, the making of jams, jellies, conserves, and marmalades, and the putting up of certain pickles, relishes, and bottled fruit juices.

Why Preserved Foods Do Not Keep

In successful canning, done at home or commercially, four food enemies must be vanquished—moulds, yeast, bacteria, and enzymes.

Moulds

Moulds are visible, and nearly all housekeepers are familiar with their appearance upon jellies, jams, and certain canned foods, especially those of acid nature. Years ago the presence of mould was considered an asset and a good indication that the food was keeping, because the mould helped to exclude the air! It took several generations to discover that in discarding the mould, a considerable amount of food itself was also wasted and that in order to preserve foods properly moulds must be absolutely killed.

When foods are properly canned or preserved by heat moulds will not appear as long as the containers are air-tight. The greatest care must be taken to treat jellies, jams, and other similar foods properly before they are finally put away, so that no mould spores which may have fallen on the food while open may develop later on.

Yeast

Yeasts are the natural agents producing fermentation. The most familiar examples are summer beverages and the yeast bread. They are one-celled plants which depend for their growth upon sugar; because of this, the yeast enemy is rarely present in very acid foods; they are easily controlled; moist heat from 160 to 190 degrees F. completely destroys them.

Sometimes a few spores, which are more vital than the yeast cells themselves, remain undestroyed, so it is necessary to process foods at a higher temperature than that given for the destruction of the yeast cells; the spores must be rendered absolutely inert.

There are times when the preservation depends upon the activity of the yeast cells, as in making certain pickles and the brining of various foods. This is described in this section under "pickling and brining."

Bacteria

The most serious of the four canning enemies are bacteria because they possess more vitality than any others. They are found everywhere and have the power to reproduce themselves more rapidly than any other living organism; warmth, moisture, and food are required for their growth. As they particularly like protein, foods consisting largely of this, as meats or fish, are the most difficult to can or preserve. Few bacteria multiply in the presence of acids or a large amount of sugar; that is why acid fruits and vegetables, as well as fruit preserved with a large amount of sugar, are rarely ever attacked by bacteria. Many bacteria are destroyed at a temperature of 140 to 180 degrees F., but the spores, like those of yeast, are active and are frequently not destroyed at this temperature; for this reason it is necessary to can or preserve foods at a higher temperature than that given. It is often advisable to subject them to intermittent canning or heating; that is, heating for a certain length of time on three successive days, so that any spores developed since the last heating may be absolutely destroyed. However, if a pressure canner or cooker is used with a temperature of 240 to 250 degrees F., all bacteria in the spore state can be quickly destroyed.

It must be emphasized that in order to make food bacteria proof the containers must be air-tight. Because of the bacteria spores which may be present, canned foods should be kept, when possible, in a cool dry place.

Enzymes

Certain natural changes may take place in fruits, vegetables, and other foods, resulting from the action of enzymes. These are unorganized fermenting agents present in the atmosphere; while they are not bacteria they do break down foodstuffs, separating them into simpler parts; this causes decomposition. While enzymes do not play a very important part in the food after it is canned, because they are killed

at once upon the application of sufficient heat, they do affect food before it is canned, causing decomposition and loss of flavour. For this reason all *foods should be preserved while they are absolutely fresh.*

Definition of Preserving and Canning

To preserve means to prepare to resist decomposition or change.

Considerable confusion centres about this term "preserve." Many think that the word applies only to a certain type of canned foods. It may really be termed the "mother" word around which all methods centre.

Canning, while it includes those foods known as preserves, takes in many other foods as well which contain no sugar.

Again, preserving may mean pickling, brining, or drying. It is from this premise that I have planned the various sections of this chapter.

COLD-WATER PRESERVATION OF FOODS

This is one of the oldest methods known, extremely limited in its scope, and which depends for its success upon the use of absolutely sound food and the exclusion of all air. It is used only for firm acid fruits as cranberries, rhubarb, or very firm huckleberries.

Canned Rhubarb, Huckleberries, or Cranberries

(By the Cold-Water Method)

Wash the fruit, pack into jars that have been sterilized, and place a jar at a time under the cold-water tap allowing the cold water to fill slowly; let the water run for at least twenty minutes. With the water overflowing, put on the sterilized rubber and jar top, and set aside in a cool place.

PRESERVING FOODS BY MEANS OF HEAT

The oldest form of preserving foods is that of drying in the sun; later, sun-cured jams were made. (For method, see section on Jellies, Jams, Marmalades, etc.) But these two methods are almost obsolete; it has been found that a higher application of heat than that of the sun results in perfectly kept products. The sun's rays, vital and powerful though

they are, are not sufficiently strong to kill all of the organisms that affect successful keeping.

The first canning of the new type was carried on in the latter part of the eighteenth century by the French Government, which offered an award of twelve thousand francs for an improved method of preserving fruits. It was won by Nicholas Appert, whose work was so thoroughly and carefully done, and whose methods were so simple, that they were put into practice generally soon after they were made public. Since that time, his method of heating the product to be canned, then hermetically sealing the container, has been developed. Now in home canning we use three methods, the *choice depending upon the food that is to be canned.*

Open-Kettle Method

This is the old way of canning in which foods were cooked in an open kettle over the fire. After thorough cooking they were placed in sterilized jars, filled to overflowing, immediately covered, and stored. This process is still used in the making of jellies, preserves, fruit butters, marmalades, and conserves, and is suitable for such foods because a certain amount of evaporation is necessary to reduce the fruit juices and sugar to the right consistency. It is not, however, the approved method for canning vegetables, fruits, fish, or meats.

Cold-Pack Method

This is a newer way of preserving fruits, vegetables, and meats. The term is descriptive of the method. After the food has been scalded or blanched, then cooled by means of cold-dipping, it is packed in sterilized containers, covered with liquid (water, syrup, or fruit juice—according to the nature of the food), the rubbers and covers, also sterilized, are put in place but not tightened, and the containers are then placed in the canning outfit for sterilization.

Intermittent Method

In this the sound fruits or other foods are prepared, placed in sterilized jars, rubbers put on, the jars filled with the desired liquid, the tops partially adjusted, and steriliza-

tion is carried on in the canning outfit for definite periods on three successive days, the jars being allowed to cool quickly after each sterilization period, the covers not being removed. This is used particularly for meat, fish, many meat or fish soups, peas, mature dried beans, mushrooms, pimientos, or mixtures containing any of these materials.

Routine of Open-Kettle Method

This can be used only for fruits and vegetables in the form of canning, the making of jellies, jams, butters, etc.

1. Have all equipment assembled ready for use.
2. Select only the best, soundest products.
3. Grade as required for size and ripeness.
4. Pare the vegetables or prepare the fruits.
5. Add to the vegetables the right amount of water and seasoning, or to the fruit the right amount of water and sugar, and boil until thoroughly done.
6. In the meantime, sterilize jars, rubbers, and caps.
7. Take one jar at a time from the boiling water, fill to overflowing with the cooked food, run a scalded knife or smooth wooden stick to the bottom of each jar to liberate any air bubbles.
8. Fill jars to overflowing, adjust sterilized rubbers and caps, and seal at once.
9. Test and store as in cold-pack canning.

The General Principles Underlying all Methods of Canning

Success in canning depends upon the choice of absolutely fresh foods, cleanliness so clean that it is almost surgical, accuracy in measuring or weighing, all possible speed, and the absolute sealing of the foods that are put up. It is impossible to can successfully in a muss or in confusion; while it is not necessary to make of this really simple process a fetish, it is advisable to get ready to do it properly, and although only a jar or two a day may be put up, have the utensils and the various things needed for the process so arranged that they may be expeditiously used.

The woman who does much canning, who makes jellies, preserves, catchup, and relishes, will find the process greatly facilitated if a certain section of a cupboard is given over to the kettle, long-handled spoon, wooden spoons, scale, measur-

ing cup, quart measure, thermometer, and other utensils, which she uses constantly, wire basket for dipping, squares of cheesecloth, jelly bag and stand, etc. A small table with a zinc top, like the one illustrated, which is on castors and can be moved about from one part of the room to the other, will save miles of steps. With the kitchen cleared of dirty dishes and all signs of confusion, and an adequate grouping of utensils in the way described, any canning, jelly-making, pickling, or brining process can be carried on easily.

Sterilization

The secret of all successful canning is thorough sterilization, which means the destruction of all enemy organisms by thorough application of moist heat produced by boiling water or steam.

Pasteurization is not sterilization, it results in the destruction of some organisms, but does not affect most bacteria as it is conducted at 144–149 degrees F.

To Sterilize

After thoroughly washing, place the empty jars or bottles and their covers or corks in enough warm water to cover them. Bring to boiling point and allow them to boil for at least fifteen minutes. Remove each jar from the boiling water as it is needed for filling, and remove the caps from the water only when they are to be placed on the jars. Do not dry either caps or jars; simply drain the water from them. Inexpensive jar-lifters can be purchased which are a convenience in handling and lifting the sterilized jars from their boiling bath. Boil the rubbers for fifteen minutes in a separate utensil.

The term *sterilizing*, when used in connection with foods which are being canned, means the boiling of these fruits or vegetables for a certain stated period, either before or after the food is placed in the jars.

As specific terms are often used in discussing canning and preserving, it may be well to give a few definitions.

Scalding

The dipping of fruits or vegetables in boiling water in order to loosen the skin without loss of pulp, or to lessen

strong flavours, as in onions, or to eliminate certain strong acids.

Blanching

To boil rapidly in water for a brief time before the actual cooking process begins. This is usually done by placing the vegetable or fruit in a colander or strainer, then dipping it into the boiling water for a stated time, which varies according to the article that is being canned. The objects of blanching are to remove acids and strong flavours from fruits and vegetables, to make the texture firmer, to break down the tissues in certain green vegetables—as spinach—so that they may be packed more closely in the jars.

Cold Dipping

Cold dipping refers to the rapid cooling of fruits or vegetables in cold water after scalding or blanching. This firms the fibres or tissues immediately under the skin, so that the skin may be easily removed without waste of the underlying pulp, "setting" the colouring matter that the vegetables may retain their natural clear, bright colour.

Choice and Freshness of Materials

It is hardly necessary to make the statement that all foods to be canned should be fresh and of perfect quality. Do not wait until fruits are almost ready to spoil and then can to save them. "Out of the garden and into the can" would be a good slogan, and it is because the city dweller must make her selection of fruits at the corner grocery rather than in the garden or the orchard that her store closet is sometimes less attractive in appearance and her foods less flavourful than those of her country cousin. With commercially canned foods as easy to obtain and as good quality as they are to-day, it is a question whether the city housekeeper gains much by doing her own canning. She must select material, not always fresh, and after her canning is done, she has little space in which to store her jars. There is a delight in serving the foods one has prepared.

Even the bachelor maid with her kitchenette or one-burner gas stove can prepare a jar of jelly or preserve without much trouble by putting the left-over fruit from a meal with the

proper proportion of sugar into a saucepan, cooking it, turning into a sterilized jar, and sealing properly.

Canning must be done under the best conditions, and even for a large family better results will be secured by preserving or canning a small quantity at a time. Commercial packers recognize this fact and have special "gilt-edge" jelly and preserves put up in small quantities, for the discriminating purchaser is always willing to pay a higher price for a beautiful product.

This does not mean put up one jar at a time, but rather half a dozen cans at once. This can be accomplished with little labour and the stock on the cellar shelves will multiply if this is done with more or less regularity.

Nothing gives a greater feeling of well-being than the security of a closet filled with home-canned foods, jellies, jams, pickles, and the delicious little tit-bits one cannot buy. What greater sense of luxury than strawberries on New Year's Day; what greater joy than a jellied cherry salad in February; what more delicious addition to the winter meal than home-canned peaches or canned grapes.

The Jars

While tin cans are sometimes used even in home canning, the glass jar is decidedly preferable for putting up foods for home consumption. Jars come in sizes ranging from half a pint to two quarts, and each housekeeper must select the size most suited to her needs. For instance—if the family is large a two-quart jar of tomatoes, string beans, or cauliflower could easily be used up; if small—two in the family—the pint jar would be sufficient and the half-pint jar for canned fruits or rich sweets.

With a family of six, choose quart jars for vegetables and canned fruits, pint jars for rich sweets, half pints for jams and jellies.

With a large family, quart jars may be used for rich sweets and pint jars for jellies, jams, and butters.

Give preference to wide-mouthed jars, which can be easily filled and cleaned and present a very attractive appearance. Be sure that the jars are absolutely air-tight. Leakage may occur because of unevenness or projection on the edge owing to faulty manufacture. If there is any roughness file it off.

If this cannot be done do not use the jar, return to the dealer. If metal tops are used they must be smooth and even, without rough edges which cut into the rubbers, damaging them so the air gets in and spoils the fruit. Always use a new rubber for each jar.

Equipment for Canning

The following utensils are needed for canning:

A large aluminum or perfect enamelled-ware kettle for scalding.

Two yard-squares of cheesecloth or a 24-lb. cotton flour sack.

Sharp knives.

A colander, or large wire strainer, for dipping.

Scale.

Quart measure.

Pint measure.

Measuring cup.

Wooden and metal spoons.

Water-bath outfit consisting of a wash boiler with removable bottom and tightly fitting cover, or a steam cooker or process cooker for the sterilization process.

If a wash boiler is used it should be kept for the purpose, a wooden rack should be made at home, or a metal rack purchased to fit into the bottom; this prevents the jars from resting on the bottom, allowing a free circulation of water; this is better than using excelsior or old newspapers.

If a wash boiler is not available, a milk pail or other deep utensil that will allow the jars to stand upright and yet be *submerged* may be used.

The utensil par excellence for canning by the cold-pack or intermittent method is the pressure cooker which reduces time considerably and is easier to use.

Routine of the Cold-Pack Method of Canning

1. Have all material and equipment assembled ready for use.
2. Select only firm, fresh, sound products.
3. Grade such products as require it for size and ripeness.
4. Thoroughly wash, then boil the jars, caps, and rubbers for fifteen minutes immediately before using.

5. Scald or blanch the fruit or vegetable.
6. Cold dip the fruit or vegetable.
7. Pack according to grade and size in hot sterilized jars.
8. Wipe around the mouth of each jar. Adjust the sterilized rubber.
9. Fill the jar with hot water or the desired liquid, and add one teaspoonful of salt to each quart jar for vegetables, or fill the jar with hot syrup the right density, or sweetness, for fruits.
10. Paddle the jars. That is, use a smooth wooden stick to push the food into place, and liberate any encased air bubbles.
11. Put on the cover and partially seal.
    (a) With screw-top jars—screw the top on tightly then loosen just a little.
    (b) With glass-top jars—put the top wire in place, leave side spring loose.
    (c) Vacuum seal jars—adjust cover and spring.
12. Process: Place the jars, not touching, in the sterilizing outfit. Have enough water to cover. Put the lid on tight to hold in the steam. If necessary, weight it down.
13. Begin to count the time *when the water actually boils.*
14. Keep the water boiling continuously.
15. At the end of the processing period remove the jars.
16. Sealing: Examine the rubbers immediately after removing. If perfect, complete the sealing by screwing the covers down tight or adjusting the springs.
17. Testing: Invert the jars until cold to test for possible leaks.
18. Storing: Label with name of contents and year of canning. Keep in a cool, dry, dark place. (Many put each jar into a paper bag to keep out the light and preserve the colour.)

NOTE: Routine of the Intermittent Method of Canning: Follow the procedure as given in the cold-pack method through point 15, cool the jars as quickly as possible, remove from the water, and seal.

To begin the next process of sterilization, raise the clamp or loosen the top, if the Mason jars are used; hermetically sealed jars cannot be used for this process.

High-Altitude Canning

The altitude affects the time to be allowed for canning unless a pressure cooker is used, when temperature, rather than time, is the dictator.

For five pounds steam, pressure is always 228 degrees F.

If using a water-bath outfit the water boils at from 200 to 212 degrees F., according to location.

In using the time tables in this book, allow 10 per cent. extra for each five hundred feet altitude above one thousand feet.

SPECIAL INSTRUCTIONS FOR CANNING VEGETABLES

General Preparation

Vegetables when canned should be ready for use: for instance—if squash is canned for plain table use, it should be seasoned with salt, pepper, and a trace of sugar. If to be used as a pie filling, a larger amount of sugar and spices should be added.

Various seasonings may be used.

Salt in the proportion of one teaspoonful to a quart of vegetable and liquid.

Spinach, chard, and other greens may be seasoned with salt or with bacon, ham fat, or other savoury dripping.

Various vegetables may be combined to make a macédoine for soups or vegetable salads. In making these combinations, the length of time to be allowed for processing must be as long as for the ingredient ordinarily taking the longest time; for instance—if corn is added, which takes considerable time, and all the other vegetables take a short time, the mixture must be sterilized for the entire period usually allowed for corn.

All vegetables should be graded according to size.

Vegetables should be packed into the jars, when the cold-pack method is used, in orderly and beautiful designs; this takes little time and the result is a real reward. If vegetables are to be cut, let them be orderly shapes, as diamonds for string beans, which are cut diagonally across the pods, a handful at a time.

For carrots, cut in rounds or in neat strips.

For tomatoes, remove the skins and cut in halves.

For cauliflower, separate into flowerettes.

Pack as much as possible into a jar.

The easiest foods to can are those containing acid. Often a little acid may be added to the water, as a tablespoonful lemon juice to each quart jar of asparagus or one third the amount of tomatoes to a quart jar of corn.

Vegetable vinaigrettes are delicious, and because of the acid, easy to can.

Suitable vegetables for use this way are, asparagus, carrots, beets, and string beans.

Time Table for Blanching and Processing Vegetables by the Cold-Pack Method, Standardized with Quart Glass Jars

VEGETABLES	PROCESSING		
	Blanching Minutes	*Water-bath Outfit*	*Pressure Cooker (5 lbs.)*
French artichokes	10	90 minutes	70 minutes
Asparagus tips	10	90 minutes	70 minutes
Beans, string	8	2 hours	1 hour
Beans, lima (fresh)	8	2 hours	1 hour
Beets	7	1½ hours	1 hour
Brussels sprouts	15	1½ hours	50 minutes
Corn—cut from cob	10	3 hours	1½ hours
Corn on cob	10	3½ hours	1¼ hours
Cauliflower	15	1½ hours	50 minutes
Carrots	7	1½ hours	1 hour
Cabbage	20	1½ hours	50 minutes
Eggplant—sliced	5	1 hour	¾ hour
Mushrooms	5	3 hours	1 hour
Kohl-rabi	15	1½ hours	50 minutes
Okra	5	2 hours	1 hour
Parsnips	5	1½ hours	1 hour
Pimientos	2	1½ hours	1 hour
Pumpkin	5	1 hour	¾ hour
Peas	8	2 hours	1 hour
Rhubarb	2	20 minutes	15 minutes
Squash	5	1 hour	¾ hour
Sweet potatoes	5	1½ hours	1 hour
Succotash	15	3 hours	1¼ hours
Turnips	5	1½ hours	1 hour
Tomatoes	3	22 minutes	10 minutes
All greens	15	1½ hours	1 hour

Tomato Concentrate or Paste

Blanch tomatoes for two minutes in boiling water, plunge them into cold water, remove the skins, and cut into pieces; put into a double boiler or stewpan set on an asbestos mat, cook slowly until the consistency of apple butter; add a teaspoonful of salt to each quart, sieve, finish in sterilized jars, by the cold-pack method.

This may be used in making soups, sauces, tomato aspic, etc., and should be diluted with an equal quantity of cold water.

Canned Asparagus Vinaigrette

Prepare the asparagus tips as for canning in the usual way for the cold-pack method, instead of covering with salted water, pour over the following vinaigrette or pickle, then finish by the cold-pack method.

1½ cupfuls mild vinegar
1 cupful water
1 inch stick cinnamon
½ scant cupful sugar
½ teaspoonful pickle spice
Grated rind ¼ lemon

Boil these ingredients for ten minutes, strain, and finish.

Canned Carrots Vinaigrette

Prepare the carrots according to the method for cold pack, cutting them in rounds, or in match-like strips, cover with the vinaigrette, and finish.

Canned Beet Vinaigrette

Prepare the beets as for cold-pack canning, and finish.

Canned String Beans Vinaigrette

Substitute whole blanched string beans, from which the strings have been removed, for the asparagus tips.

Mushrooms

These should be canned immediately after gathering. Grade for size; if button mushrooms are used, the stems can be left on, if larger ones, cut them; the stems may be canned with them or separately for use in sauces, soups, etc.

Preferably peel the mushrooms and stems, blanch, and proceed as directed in the cold-pack method.

Corn and Tomatoes

Blanch the corn and tomatoes described in the method for cold-pack canning. Remove the corn by means of a knife or corn scraper, and to one part of corn add two parts of tomatoes cut in small pieces. Finish as described in the method for cold-pack canning, allowing two hours' time for sterilization.

Succotash

Blanch the corn and young lima beans as described in the method for cold-pack canning. Mix the corn and beans in equal parts, pack into the sterilized jars, and finish as described for cold-pack canning, allowing three hours' time for sterilization.

Vegetable Macédoine

(For use in salads or soups)

Various combinations of vegetables may be chosen as:
Cauliflower, corn, and asparagus.
Cucumbers, string beans, red peppers, and peas.
Corn, string beans, lima beans, and asparagus.

Each vegetable should be prepared and blanched separately; then combine, pack into hot sterilized jars as in the cold-pack method, and sterilize three hours if corn is used, two if omitted.

The peppers and carrots may be cut into fancy shapes, button onions left whole, the cucumbers with a fluted edge.

Squash or Pumpkin

(For pies)

Steam the vegetable until tender, mash, add a cupful of sugar to each quart of sifted pulp together with one-half teaspoonful salt. Pack into hot sterilized jars and proceed as directed in the method for cold-pack canning.

CANNING MEATS AND FISH

Any kind of meat may be perfectly preserved by canning, the process being simple and similar to the method used for

canning vegetables, except that meats require a longer time for sterilization. All raw meats and game are canned by the same formula, which is as follows:

Canning Raw Meats, Poultry, Game, and Fish

Can meats while they are fresh. Time should be allowed for the meat to cool thoroughly after the animal has been slaughtered. Cut the meat or fish into convenient pieces for packing. Pack the raw meat into jars sterilized twenty minutes, filling to within one inch of the top; add a level teaspoonful of salt to each quart jar and adjust the ring. Fill to overflowing with boiling water and partly seal as in cold-pack canning. Sterilize, in hot-water bath outfit, four hours; under pressure using pressure cooker, five pounds, two hours.

Meats or fish prepared in this way may be used in any recipe in this book calling for plain cooked meat or fish cut in pieces, as meat loaf, fish loaf, croquettes, escallops, etc.

Do not attempt to can frozen meat or fish, be sure the article to be canned is in perfect condition, and work as rapidly as possible.

Canning Cooked Meats or Fish

Any cooked meat or fish may be canned. Recipes for suitable foods may be found in this book, as:

Roast beef cooked rare, sliced; the jar filled with gravy.
Roast lamb or pork, prepared as described for roast beef.
Beef or lamb stew.
Chicken fricassee.
Chicken à la king.
Meat balls.
Various hamburg-steak dishes.
Salmi of Duck.
Boiled fish.
Broiled filet of fish, etc.

The process is the same as for all foods put up by the cold-pack method. The cooked fish or meat should be packed into hot sterilized jars which should be filled with a suitable liquid, gravy, stock, or the liquid in which fish was boiled, unless the food is accompanied by a liquid, as stew. Partially seal and process under water, three and one-half hours for

quart-sized jars with the hot-water bath outfit; one and one-half hours with a pressure cooker under five pounds pressure.

CANNING SOUPS

If meat is being canned, there will be bones and trimmings which should be utilized for soup stock. To prepare, crack the bones and place with the meat trimmings in a large kettle, completely covering with cold water. Simmer six hours, strain, skim off the fat, and add salt to taste. Pour while hot into sterilized jars, put on rubbers, adjust the covers partially, and sterilize one and one-half hours in the hot-water bath outfit, seventy minutes in a pressure cooker with five pounds steam.

Canned Soup

Separately cooked barley, rice, macaroni, or other cereals, also vegetables—carrots, celery, onions, tomato, parsley, in fact, any vegetable with the exception of potato, parsnips, and turnips, may be added to each jar of soup stock. The contents of each jar will then be ready for immediate use as soup when needed.

Parsnips are too sweet to add and turnips cause stock to sour.

Any of the soup stocks, broths, or consommés given in the Soup Section of this book may be canned by this method for use as needed. It is economy of time to prepare a large quantity of soup stock at one time.

THE CANNING OF FRUITS

Fruits may be roughly divided into two groups: tender and hard. In the first group may be placed currants, cherries, blackberries, apricots, strawberries, plums, peaches, and raspberries; while apples, pears, and quinces belong to the second or hard group.

Fruits can be successfully canned by the cold-pack or pressure-cooker method, either with or without sugar. Without sugar pack the fruit into the sterilized jars and add boiling water to fill to overflowing. In canning fruits with sugar make a sugar-and-water syrup, of the desired sweetness, in

a separate saucepan and pour it over the fresh fruit in the sterilized jars.

The Syrup

Three types of syrup are used in canning fruits:

Thin—not very sweet
Medium—fairly sweet
Thick—very sweet

The type of syrup depends upon the acidity of the fruit, that which is most tart demanding more sugar.

Honey Syrup for Canning

Dilute light-coloured honey with a cupful of hot water or fruit juice to one and one-fourth cupfuls of honey to make medium syrup. Bring to boiling point and use for any fruit desired.

Corn Syrup for Canning

Substitute one-fourth cupful white corn syrup for an equivalent amount of sugar in any of the syrup recipes given in this section, then proceed as directed and use for any fruit.

Thin Syrup

Combine two quarts of sugar and three quarts of water, bring to boiling point and cook enough to dissolve the sugar—about five minutes. Use for sweet cherries, ripe peaches, raspberries, pears, etc.

Medium Syrup

Follow the proportions of sugar and water given above; cook until the syrup begins to thicken and becomes somewhat sticky when cool—about twenty minutes. Use with such fruits as blackberries, huckleberries, currants, or plums.

Thick Syrup

Use the same proportions of sugar and water, but continue cooking until the syrup is very heavy when poured from a spoon, about the consistency of thick maple syrup.

The difference in time allowed for cooking causes the water to evaporate; therefore the difference in sweetness.

It is possible to attain this result by using different quantities of sugar and water. It is easier to allow time to cook the syrup down to the required density, which means, gastronomically speaking, the right sweetness.

As fruits are acid they are easier to can than most vegetables. The best method is the cold-pack method in this section. For very rich canned fruits, the old-fashioned open-kettle method may be used.

A very deep double roasting pan may be used for canning, provided pint or half-pint jars are selected. Put the rack in the bottom; after the fruits have been prepared and packed into the jars they should be placed on this, covered with water as described in the cold-pack method, the cover put on, and the fruit cooked in the oven, the time of sterilization counted from the moment the water boils.

General Preparation of Fruits for Canning

The fruit must be sound. It should be washed, and if very firm, it should be blanched. If the skin is indented, as with pineapples, scrub with a brush. Blanch, cold dip, and prepare as *for service at the table.*

Pineapple—Slice and core, dice or grate.

Cherries—Pit, using a clean hairpin or a cherry pitter, if many are to be put up.

Peaches—Cut in halves or slices, allowing one peach stone to a can.

Plums—Leave whole or cut in halves if very sound.

Pears—Halve or slice.

Berries—Leave whole.

If concentrated flavour is desired, the liquid used in making the syrup should consist of boiled fruit juice of the same type.

The fruit should be packed into hot sterilized jars which should be filled with boiling water or the desired kind of syrup, partially sealed, and finished as described in the cold-pack method, the processing time being given in the following table.

Open-Kettle Method for Canning Fruits

1. Wash and prepare the fruit, that is, remove the stones from cherries, the skins from pears, peaches, etc.

2. Add the fruit to the syrup and cook rapidly uncovered, until the fruit is tender.

3. In the meantime, sterilize the jars, rubbers, and caps, leaving covered in the boiling water until needed.

4. Place a cloth in a dripping pan, pour in a little boiling

Time Table for Blanching and Processing Fruits by the Cold-Pack Method

FRUIT	PROCESSING		
	Blanching Minutes	*Hot-Water Bath Outfit*	*Pressure Cooker (5 lbs.)*
Strawberries	none	16 minutes	8 minutes
Raspberries	none	16 minutes	8 minutes
Blackberries	none	16 minutes	8 minutes
Loganberries	none	16 minutes	8 minutes
Sweet cherries	none	16 minutes	8 minutes
Blueberries and huckleberries	none	20 minutes	10 minutes
Grapes	none	20 minutes	15 minutes
Wild grapes	none	20 minutes	12 minutes
Wild and damson plums	none	16 minutes	12 minutes
Oranges (sliced)	none	10 minutes	5 minutes
Oranges (blanched)	1½	12 minutes	6 minutes
Currants	1	16 minutes	12 minutes
Gooseberries	1	16 minutes	10 minutes
Sour cherries	1	16 minutes	10 minutes
Cranberries	1	16 minutes	10 minutes
Peaches	2	16 minutes	8 minutes
Apricots	2	16 minutes	8 minutes
Pineapple	5	35 minutes	25 minutes
Pears	1½	20 minutes	8 minutes
Apples	1½	20 minutes	8 minutes
Quinces	1½	20 minutes	8 minutes
Citron	10	35 minutes	25 minutes
Cantaloupe	10	35 minutes	25 minutes
Figs	6	40 minutes	25 minutes

water. Empty one jar at a time, fill at once with the boiling syrup and fruit, putting the fruit in first and filling the jar to overflowing with syrup. Adjust sterilized rubber, wipe with boiling water to remove any syrup that may have adhered, adjust the top and seal. Cool, still standing in

the pan of water. Screw the tops down tighter if Mason jars are used.

5. Invert a few hours so that any leaks may be discovered.
6. Label and store in a cool dry place.

Fruit Macédoine

(For use in Fruit Salads, Fruit Sauces, Sundaes, etc.)

This may be made of almost any combination. Put up by the cold-pack method and process the time needed by the fruit ordinarily taking the longest period.

Blanch the fruits separately, cut in the shapes in which they are to be served; dice or slice pears or peaches, leave cherries whole. Select only light-coloured fruits, otherwise the colour will come out and permeate the entire mixture. Select the medium syrup.

Suitable combinations are as follows:

1. Pineapple, peaches, pears, plums, and sour cherries.
2. Grapefruit, peaches, pears, and French chestnuts.
3. White plums, peaches, apricots, and Malaga grapes.

Canned Cooked Fruit

Baked Apples

Prepare the apples as for baking, leaving on the skins. When tender, pack into jars, cover with medium syrup, and process thirty minutes by the cold-pack method.

Canned Apple Sauce

Prepare boiled or baked apple sauce, fill sterilized jars, and proceed according to the cold-pack method, processing thirty minutes.

Canned Rhubarb, Rhubarb and Raisins, or Baked Rhubarb Sauce

Prepare the rhubarb as desired. Fill sterilized jars and proceed according to the cold-pack method.

CANNED FRUITS KNOWN AS PRESERVES

Peach, Plum, or Apricot Preserves

Remove the skins; cut the fruit in slices and cook until heavy and rich in thick syrup to cover, about thirty minutes.

Put into jars according to the directions given for the open-kettle method.

Use as a sauce for ice cream, in hard sauce, or as a filling for cakes.

Strawberry or Raspberry Preserves

Look over and wash two quarts of strawberries or raspberries, place in a preserving kettle with two cupfuls of granulated sugar, cover, and let stand one hour, bring slowly to boiling point, simmer fifteen minutes, and cool; then put into sterilized jars, partially adjust the rubbers and tops as in the method for cold-pack canning, and sterilize eight minutes.

Raspberries and Currants

Substitute equal parts of currants and raspberries for the fruit in the preceding recipe, pricking the currants.

Baked Preserves

Any of the above preserves may be cooked in the oven instead of on top of the stove; the length of time required will be a little longer. Before they are put into the jars, they should be brought to a rapid boil.

Strawberry or Raspberry Preserves, Uncooked

In this case preservation depends upon the excess amount of sugar used. Only firm fresh fruit should be used.

Carefully look over, wash, and weigh the berries, allow one and one-third the weight in sugar. Slightly crush the berries, put them in layers with the sugar in a crock or preserving kettle, closely cover, and stand in a cool place for twenty-four hours, stirring occasionally. Seal in sterilized jars, filling them to overflowing and paddling well to exclude any air bubbles.

Sun-Dried Strawberry Preserves

Wash and hull the strawberries; to each pound allow an equal weight of granulated sugar, put in alternate layers in the preserving kettle, and stand an hour or two. Bring slowly to boiling point and simmer until the fruit is tender—about ten minutes. Do not stir, try to keep the fruit whole.

Pour in thin layers into enamel dripping pans, plates, or platters, stand in the hot sun for a day or two, when it should thicken or jelly. Bring it in at night. Put in sterilized glasses and seal with paraffin after wiping the tops off with a little vinegar.

Raspberries

Observe the preceding recipe, substituting raspberries for the strawberries.

Cherries

Follow the recipe for sun-dried strawberry preserves, using sweet pitted cherries instead of the strawberries.

Oven-Dried Preserves

Follow the recipe for any of the sun-dried preserves, drying them, instead of by sunlight, in a very slow oven—not more than 110 degrees F.

Gemgets

(Preserved Kumquats)

2 quarts kumquats
2½ cupfuls sugar
3 cupfuls boiling water
1 cupful honey

Wash and scrub the kumquats, cover with cold water, bring to boiling point, then drain. Combine the sugar, boiling water, and honey, simmer for five minutes, add the kumquats, cook slowly until they may be pierced with a fork and are translucent. Transfer to sterilized jars. Boil down the syrup until very thick, pour over the fruit, and seal.

Pineapple Honey

1 pint grated raw pineapple
1 pint water
1 quart sugar

Boil the sugar and water together for five minutes, add the pineapple, grated coarse, and boil until translucent—about ten minutes.

Transfer to sterilized glass jars, fill to overflowing, and seal.

Quince Honey

Substitute grated raw quince for the pineapple in the preceding recipe.

Chestnuts in Syrup (Marrons)

4 quarts chestnuts Thin sugar syrup

Shell and blanch the chestnuts and simmer in water until nearly tender—at least thirty minutes. Drain and place in a thin sugar syrup, flavoured as desired with a teaspoonful of vanilla, maraschino, orange, jelly, or other flavouring to the quart. Simmer half an hour longer, lift the chestnuts, place in hot sterilized jars, boil down the syrup until quite thick, pour boiling over the chestnuts, filling the jars to overflowing, and seal with sterilized rubbers and caps.

The following proportions may be used for the syrup:

1 pound sugar 1½ quarts water

Boil together for ten minutes.

JAMS, CONSERVES, MARMALADES, AND FRUIT BUTTERS

These four types of foods belong to the group ordinarily known as preserves. All contain a large amount of sugar in proportion to the amount of juice and pulp, and should be used in small quantities.

In many cases the pulp remaining from the fruit used in making jelly may be utilized in the making of jams, butters, or conserves.

The difference between a jam and a butter is that the butter is made from pulp fruits which do not contain small seeds as peaches, plums, pears, or apples; while jams are made from small fruits, as raspberries, strawberries, blueberries, or blackberries. Jams may also be made from the fruit pulp, but butters are never made from small fruits.

Marmalade is different from jam, the jam should not of necessity jelly; a marmalade, on the other hand, should always be of a jelly-like consistency and should contain fruit in large enough pieces to be easily distinguished.

A conserve proper is a happy medium between a jam and a marmalade and frequently consists of a combination of fruits, as rhubarb and orange, or grape and apple, with or without the addition of other solid ingredients, as raisins or nut meats. It is always richer than a jam or marmalade.

RECIPE FOR MAKING ANY KIND OF JAM

Raspberry, Strawberry, or Blackberry Jam

Look over, hull, and wash the fruit; to each pound add three-fourths pound of granulated sugar (either cane or beet sugar), combine in a preserving kettle, let stand an hour to start the juice, simmer, stirring frequently until it thickens when a little is dropped on a cold plate—218 degrees F. Cook as rapidly as possible without scorching to retain the brilliant colour. Transfer to sterilized glasses or jars, cool, wipe with vinegar, pour on paraffin, and store in a cool place or finish jam as directed in the open-kettle method for canned fruit.

Peach, Pear, Plum, or Apricot Jam

Remove the skins from the fruit, chop the pulp, and to four pounds add two pounds of granulated sugar (cane or beet) with a cupful of hot water or fruit juice. Add one-half teaspoonful allspice, two teaspoonfuls stick cinnamon broken in pieces, one teaspoonful whole cloves, and one inch of dry ginger root tied in a bit of cheesecloth. Simmer until the mixture is thick when a little is dropped on a cold plate—218 degrees F. Then pour into sterilized jars, fill to overflowing, and seal at once with sterilized rubbers and tops.

Ripe or Green Grape Jam

Wash, weigh, and pulp the grapes, reserving the skins. Put the pulp on to cook with a very small amount of water to keep it from sticking, and when soft, rub through a sieve to remove the seeds. Add the skins put through the food chopper and three-fourths pound of granulated sugar (either beet or cane) for each pound of grapes. Cook until the mixture is thick when a little is dropped on a cold plate—218 degrees F. Seal in sterilized glass jars filled to overflowing.

Rhubarb and Black Currant Jam

Wash, stem, and weigh the currants; to two pounds of currants allow a pound of rhubarb, cut fine. Do not peel it. Put the currants and rhubarb in a kettle and cook fifteen minutes, when the rhubarb should be tender; add three

pounds of sugar and cook until the mixture is thick, about fifteen minutes longer. Store in sterilized jars and seal.

Dried Peach, Pear, Apple, or Apricot Jam

1 pound of the dried fruit
Juice and grated rind 2 lemons
Juice and grated rind 2 oranges
Water
Sugar

Wash the fruit and stand with the fruit rinds and juices overnight in cold water to cover; cook the fruit until soft enough to rub through a coarse sieve; measure, add two-thirds as much sugar, and simmer until thick. Transfer to sterilized glasses and seal.

If apples or pears are used, an ounce of chopped green ginger root may be added.

Orange Marmalade

6 large oranges
Water
Sugar

Scrub oranges, cut rind and pulp into thin slices, discarding the seeds. Measure and add one pint cold water to one pint of fruit. Stand overnight, in the morning bring to boiling point, simmer until tender. When cold, measure again, add one and one-half pounds of granulated sugar to each three cupfuls. Simmer until transparent and the juice jellies when chilled—about one and one-half hours. Turn into glasses, seal when cold.

The English marmalade is made from Seville oranges giving the bitter tang.

"We Three"

Follow the above recipe, substituting for the oranges one orange, one lemon, and one grapefruit.

Orange and Rhubarb Marmalade

Allow an equal weight of rhubarb and orange; cut up the rhubarb, leaving on the skin. Slice the oranges crosswise, very thin. Measure oranges and add three times the bulk of cold water, cooking until the rind is tender, about one hour. Add the rhubarb, cook together until tender, measure the mixture, add three-fourths the quantity of sugar, cooking

until a little when dropped on a cold plate is of jelly-like consisitency—218–222 degreees F. (candy thermometer).

Citron and Pineapple Marmalade

Remove the inner soft portion of the citron and cut into pieces of the size required, peeling off the outer thin hard shell. Cover with cold water containing a tablespoonful of salt to a quart and let stand overnight.

In the morning drain, rinse, and run through the food chopper; to each quart of chopped citron allow three-fourths quart of chopped fresh pineapple with the resulting juice and a quart of sugar; combine, cook together until when a little is dropped from a spoon it will hold its shape. Transfer to sterilized glasses, cool, and seal in the usual way.

Wild Grape Conserve

3 quarts firm wild grapes
1 cupful water
1 pound seeded raisins
5 pounds sugar
Grated rind and juice 2 oranges and 1 lemon
1½ cupfuls chopped nut meats

Remove seeds from the grapes and simmer for half an hour with the water. Add the raisins and sugar, cook until thick—about three quarters of an hour. Put in the orange and lemon rind and juice, simmer five minutes, stir in the nut meats at the last moment. Turn into small glasses and seal.

Raspberry Conserve

1 pint red raspberries
1 pint currants
1 quart coarsely chopped rhubarb, unpeeled
1 pound English walnuts, chopped
1 pound seeded raisins or dates
Grated rind and juice 2 oranges
Grated rind and juice 2 lemons
1 tablespoonful rose essence (optional)

Combine the three fruits and weigh. Allow three-fourths pound of sugar to each pound of fruit. Cook the fruits until soft—about fifteen minutes—add the sugar, orange and lemon juice and rind, and the nuts; simmer until very thick; add the essence, turn into sterilized jars, and seal.

Hawaiian Conserve

3 pounds plums
1 pound seeded raisins
1 quart diced pineapple, canned or fresh
1 cupful water or pineapple juice
Grated rind and juice of 1 orange and 1 lemon
1½ cupfuls chopped nut meats
4 pounds sugar

Stone the plums and cook with the water or pineapple juice twenty minutes. If fresh pineapple is used cook with the plums—canned pineapple may be added with the raisins. Put in the sugar, raisins, and pineapple, simmer until thick. Add the orange, lemon rind and juice, stir in the nut meats when done. Turn into glasses and seal.

West India Conserve

1 pound dried figs
1 pound raisins
6 pounds rhubarb
2 lemons
1 orange
5 pounds sugar

Chop the raisins and figs, let stand overnight in water to cover. Wash and chop the rhubarb and let stand overnight with the sugar. In the morning combine the two mixtures with the lemon and orange juices and cook slowly for three hours, or until the mixture will hold its shape when a little is dropped on a plate.

West India Nut Conserve

Add a half pound of finely chopped walnut meats to the conserve fifteen minutes before removed from the heat.

FRUIT BUTTERS

Apple Butter

8 pounds apples
3½ pounds sugar
1 teaspoonful ground cloves
1 teaspoonful ground allspice
1½ teaspoonfuls cinnamon
4 quarts sweet cider or water

Weigh, wash, and slice the apples, combine with cider or water, and cook rapidly until mushy, rub through a sieve, then add the sugar and spice, cook until thick, stirring often.

Transfer to sterilized jars and seal with sterilized rubbers and tops; if it is to be used soon, pour into sterilized jars; when cool, wipe the tops with vinegar and cover with paraffin.

Peach Butter

Follow the directions for apple butter, using water instead of cider.

Plum Butter

Follow directions for apple butter, using water instead of cider.

Grape Butter

Follow directions for apple butter, decreasing the amount of liquid one half.

Fruit Butter from the Pulp Left after Jelly-Making

Add sufficient water to make pulp the consistency of jam before the sugar is added. Sift, measure, and allow two-thirds the amount of sugar; add spices to taste. Finish as in the preceding recipe.

If desired, cider or any canned fruit juice may replace the water.

JELLY-MAKING

For jelly select fruit under rather than over ripe; when fully ripened it loses some of the pectin or jellying principle. This necessitates longer boiling and results in poorer flavour due to long cooking, and sometimes the fruit will not jelly or set but results in a ropy syrupy mass.

The amount of pectin in the fruit determines its adaptability to jelly-making. The following fruits may easily be made into jelly:

Currants	Gooseberry	Blueberry
Grape	Cranberry	Plum
Sour apple	Red raspberry	Quince
Crab apple	Black raspberry	Blackberry

Other fruits can be made into jelly by the addition of an acid, either in the form of another fruit which is acid or by the addition of pectin.

Pears and peaches, rhubarb, pineapple, and apricots can be made into jelly only by the addition of pectin.

The proportion of sugar in jelly-making is three quarters of a pound to a pound of fruit, either cane or beet sugar may be used successfully; chemically they are identical. Only the best grade of sugar should be selected.

Cranberry, Apple, and Crab Apple

Use from one-half to three-fourths cupful of sugar to each cupful of juice.

Currants, Raspberries, Blackberries, Gooseberries, and Grapes

Use three-fourths cupful of sugar to one cupful of juice.

Testing for Pectin

It is easy to spoil jelly by an overdose of sugar. If the fruit is tested for pectin and the amount is insufficient, the proportion of sugar must be reduced or the juice itself must be boiled down or concentrated until a good pectin test results.

After the fruit and water have been boiled together until the fruit is mushy, take a teaspoonful of the cooked fruit juice, add one-half teaspoonful of sugar and one-fourth teaspoonful of Epsom salts, stir until dissolved and let stand fifteen minutes in a cool place when, if it contains sufficient pectin to make a good jelly, the mixture will set.

Pectin, either home-made or commercial, may be added to fruit juices which are not sufficiently rich in this substance. To prepare home-made pectin is a laborious process and it is far better to buy a reliable brand.

These commercial pectins are made from a base of fruit acid. Exact directions for their use come with every bottle. As they do contain additional acid it is necessary to use a larger proportion of sugar than commonly employed. With commercial pectins the fruits are only cooked for a few moments, therefore there is little evaporation of the watery juices necessitating additional sugar. With the use of commercial pectins, a larger quantity of jelly is produced from a given quantity of fruit.

Adding Acid to Fruit Juices

If a fruit is lacking in acid this can often be added when first put on to cook by combining it with a few slices of lemon or sour orange.

After the fruit juice has been prepared, combine with an equal quantity of any tart fruit juice, as very green grapes, rhubarb, or crab apples. This often overcomes the necessity for the addition of pectin.

Testing Jelly for Jellying Point

This test should be made five minutes after the sugar has been added to the concentrated juice.

1. Remove the jelly from the heat, as it goes on cooking while the test is being made and is liable to overcook unless this is done.

2. Place a teaspoonful on a plate and cool quickly. If it can be "pushed back" with a spoon, it is done.

3. Dip a spoon into the syrup, lift, cool slightly, and if the jelly is done, the drops will run together and break off from the spoon, they will not drip or drop off, but come off in flakes.

Thermometer Test

This is the most accurate, the fruit juice jellying at 216 or 218 degrees (the candy thermometer).

Equipment for Jelly-Making

A heavy preserving kettle of aluminum or agate ware, the latter should not be chipped or broken.

Accurate scales.

Measuring cups and quart measures.

A long-handled wooden spoon.

Jelly bag of good muslin or high-grade cheesecloth, doubled.

Strainer.

Jelly glasses, preferably with tops, or inexpensive glass jelly or jam jars, which can appear on the table and can be purchased for ten cents a piece or less.

Paraffin which may be kept in an old teapot for easy melting and pouring out.

Preliminary Preparation

Preliminary preparation depends on the fruit. Varieties growing close to the ground need washing; place in a colander and rinse several times.

Cooking fruit to secure juice for jelly-making may be done in an open kettle, in a deep pan in the oven, or in the fireless cooker. As soon as juice flows freely put into the jelly bag and let drip. For absolute clarity, do not press or squeeze. Strain and use that juice which flows freely from the bag, making it into what might be called "first-class" jelly, then

using a little pressure extricate the residue and make this up separately. It will be cloudy, but of as good flavour as the first. Or the residue may be used as the foundation for making fruit butter.

Actual Steps in Jelly-Making

1. Pick over and cleanse the fruit. Do not remove the cores or skin as most of the pectin is stored there; take out blemishes.
2. Place the fruit in a kettle with water if necessary, to keep from sticking, bring quickly to boiling point, and cook until the juice flows freely.
3. Test for pectin if necessary.
4. Strain through a jelly bag.
5. Measure by means of a standard pint or quart measure.
6. Weigh the sugar or measure by a standard cup.
7. Heat the sugar.
8. Bring the measured juice to boiling point and boil hard for five minutes.
9. Add the heated sugar.
10. Boil for five minutes and test for jellying point as directed.
11. Turn into sterilized glasses.
12. Cool.
13. Seal with paraffin wax, wipe over with vinegar to prevent mould, and place on covers.
14. Wipe each glass carefully.
15. Label with name and date of making.

Labelling

Use passe-partout picture binding for labelling. Write name and date in ink and stick on each jar. These labels will not fall off.

Combinations of Fruits for Jelly-Making

Delightful combination jellies may be made by putting together the following fruits:

Apples and cranberries in the proportion of a quart of cranberries to a peck of apples.

Apples and quinces in the proportion of two quarts quinces to a quart of apples.

Raspberries and currants in equal proportions.

Blackberries and apricots, three quarts of apricots to one of blackberries.

Loganberries and currants, use equal parts.

Mint Jelly

Use a cupful of green fresh mint to two quarts of boiled apple juice, boil until concentrated, strain, reheat, add sugar, and finish.

Jellies from Commercial Pectin

Any kind of canned fruit or fruit juice can be made into jelly by the right use of commercial pectin.

FRUIT JUICES

Any soft juicy fruit may be made into juice and bottled, without sugar, for jelly-making; or with sugar used as a fruit drink or in cooking. With a large amount of sugar the fruit juice is a syrup; if vinegar is added, a fruit shrub. Use only the perfect fruit; after cleaning wash and weigh.

The simplest method to extract the juices is to apply heat. Juices should be filtered and bottled hot, then pasteurized. If hard fruits are used like apples, add water as in jelly-making; if soft fruits, little or no water is necessary. Fruit juice should be condensed when bottled, add water as needed when used. Preservation of the natural colour is important, to do this, steam, rather than boil, in a utensil set in a larger vessel of boiling water. The temperature will not be more than 200 degrees F.

Use from one-half to three-fourths cupful of sugar to a quart of juice. After the juice is extracted filter through a heavy flannel bag, squeeze as little as possible, add sugar, and reheat for five minutes. Use the resulting pulp for making fruit butter. Pour the juice into hot sterilized bottles to one inch of the tops, insert new corks soaked in a quart of warm water containing a teaspoonful of baking soda and dipped in boiling water; place on the rack in the wash boiler—the bottles must not touch—fill with more warm water to two inches of the tops, and simmer twenty to thirty

minutes. This is pasteurizing, not sterilizing, and is done to keep the colour of the juice.

Drive the corks in tight, cut even with tops of bottles, dip in melted paraffin or sealing wax; it must come down well on the necks.

Fruit juice may be stored in glass jars, when the rubbers and caps are placed on loosely, as in the cold-pack method. Fasten tight when pasteurization is finished.

Raspberry Shrub

4 quarts raspberries 3 quarts mild vinegar
Sugar

Crush two quarts of raspberries, pour over the vinegar; cover and stand two days. Strain, pour the same vinegar over the remaining raspberries crushed, stand two days longer. Strain and measure. To each pint add one pound of sugar, bring slowly to boiling point, boil five minutes, skim, turn into jars or bottles, and seal.

Use one to two tablespoonfuls to a glass of fresh or charged water.

Currant Shrub

Follow the preceding directions, substituting currants for the raspberries.

RELISHES, PICKLES, AND CATCHUPS

Alum or any other preservative should not be used. Many depend for preservation upon preliminary brining or soaking in a mixture of salt water; others upon vinegar or spices as preserving agents; some are preserved by the application of heat.

Relishes

These are of two types—sour, as chow-chow, or sweet-sour, as chutney. They are highly spiced, frequently made of green vegetables, and served in very small quantities.

Popular Relish Recipes

Pepper Hash

12 large white onions 1 small cabbage
12 green peppers 2 cupfuls sugar
12 red peppers 4 tablespoonfuls salt
2 quarts vinegar

Remove seeds from the peppers—do not touch with the fingers. Use a spoon or a dull knife after the peppers have been cut. Run the onions, peppers, and cabbage through the food chopper, cover with boiling water, boil ten minutes, then drain. Add remaining ingredients and boil for one-half hour, or until tender. Fill sterilized glasses overflowing and seal.

Chow-Chow

2 quarts small cucumbers
2 quarts button onions
2 quarts small green tomatoes
1 cupful salt
¼ pound box mustard
3 cupfuls sugar
2 cupfuls flour
2 quarts string beans
2 large cauliflowers
6 green peppers
3 red peppers
2 tablespoonfuls turmeric
4 quarts cider vinegar
1 bunch celery

Remove the seeds from the peppers. Sprinkle with one cupful of salt, add water to cover, and stand twenty-four hours. Place the onions in separate salt water to stand. Drain the water from the onions and scald the other vegetables, chopped, with the water in which the peppers have stood, then drain, Make a paste by mixing the mustard, turmeric, sugar, and flour with a little cold vinegar, add the balance of vinegar brought to a boil. Stir to a smooth consistency, pour over the drained vegetables, and cook slowly for twenty minutes.

Tart Beet Relish

2 cupfuls cooked chopped young beets
⅔ cupful grated horseradish
¼ cupful sugar
1 teaspoonful salt
Cider vinegar to cover

Combine the ingredients in the order given and let stand a few hours before using. This can be made up in large quantities, extra vinegar being added that the mixture be entirely covered.

Uncooked Celery Relish

18 cupfuls finely chopped celery
3 cupfuls chopped cabbage
3 large, hot red peppers, chopped
6 large onions, chopped
4 quarts green tomatoes, chopped
1 quart of ground horseradish
1 dozen green peppers, chopped
1 tablespoonful celery seed
1 tablespoonful powdered cinnamon
2 tablespoonfuls white mustard seed
4 cupfuls sugar
2 quarts strong vinegar
Salt

SOME PRESERVING SUGGESTIONS

Canned peas and carrots out of the steamer—jam being tested with the thermometer—paraffine ready to melt in the tea-pot—raspberry shrub all ready for the Christmas loving cup !

A WEE BITE

Cream cheese balls rolled in nuts—crackers and coffee

Combine the chopped celery, cabbage, peppers, onions, and green tomatoes. Sprinkle with salt, stand overnight, then strain thoroughly. Add the remaining ingredients, stir well, but do not cook. Place in an earthen jar, weight down with a plate, cover, and let stand a week.

Beet Chow-Chow—Sour

2 quarts cooked chopped beets
1 quart chopped raw cabbage
1 chopped green pepper
1 cupful grated horseradish
1 cupful minced onion (optional)
½ teaspoonful black pepper
¼ teaspoonful cayenne
1 tablespoonful salt
Cold cider vinegar

Combine the ingredients in the order given, adding the vinegar. Place in a stone crock, and keep in a cool place.

Beet Chow-Chow—Sweet

Observe the directions in the preceding recipe, adding a cupful of sugar.

Tomato and Celery Relish

6 cupfuls chopped celery
2 hot peppers, chopped
4 sweet peppers, chopped
24 ripe tomatoes, chopped
2 cupfuls vinegar
2½ cupfuls sugar
2 tablespoonfuls salt
1 teaspoonful broken stick cinnamon
1 teaspoonful whole cloves
1 teaspoonful allspice
1 teaspoonful mustard seed
1 teaspoonful celery seed

Combine the vegetables in a preserving kettle, add vinegar, sugar, salt, and the spices, tied in a bit of cheesecloth, or in a good-sized tea-ball. Bring to boiling point, simmer two hours, stirring occasionally. Seal in sterilized jars while boiling hot.

Corn and Mustard Relish

20 ears sweet corn
6 green sweet peppers
1 red pepper
3 medium-sized onions
1 small head white cabbage
1¾ cupfuls sugar
⅓ cupful salt
¼ cupful flour
1 tablespoonful celery seed
1 tablespoonful ground mustard
2 tablespoonfuls white mustard seed
½ tablespoonful turmeric
2 quarts vinegar

Cut the corn from the cobs, add the peppers seeded and chopped, the onion chopped, cabbage chopped or shredded, and three pints of vinegar. Boil, add the salt, flour, spices,

sugar, and turmeric, mixed with the remaining vinegar. Cook thirty minutes and seal in sterilized jars.

Chili Sauce

18 ripe tomatoes
2 green peppers, chopped
1 cupful vinegar
1 teaspoonful cloves
1 onion
1 cupful brown sugar
1 tablespoonful salt
1 teaspoonful cinnamon
½ teaspoonful allspice

Boil slowly for three hours, transfer to sterilized jars, and seal at once.

Raisin Chutney

4 quarts sour apples
4 minced sweet green peppers
⅔ cupful minced onion
1½ pounds raisins, chopped
1 tablespoonful salt
1½ cupfuls brown sugar
Juice four lemons
3 cupfuls cider vinegar
1½ cupfuls fruit juice or tart jelly
Grated rind of half orange
1½ tablespoonfuls green ginger
⅓ teaspoonful cayenne

Pare, core, and chop the apples, add the onion, peppers, and other ingredients. Simmer until thick like chili sauce, and seal in sterilized jars.

Tomato Chutney

Substitute three quarts of tomatoes and use one-fourth the apples in the preceding recipe.

Piccalilli

8 quarts green tomatoes
1½ quarts sweet green peppers
3 onions
3 cupfuls chopped cabbage
1 cupful brown sugar
2 cupfuls granulated sugar
1 ounce each white mustard seed and allspice
1½ ounces each broken stick cinnamon and whole cloves
¾ cupful salt
Cider vinegar to cover
3 cupfuls of chopped celery

Remove the bloom ends from the tomatoes and the seeds and pith from the peppers; wash and chop fine. Add the onions, cabbage, and celery, mix with the salt and stand overnight; drain, add the sugar, and the spices tied in a bit of cheesecloth, cover with the vinegar, and simmer until the vegetables are tender. Remove the spices and seal in sterilized jars.

Tomato Catchup

8 quarts ripe tomatoes
1 quart mild vinegar
1 cupful light brown sugar
1 onion sliced
3 tablespoonfuls salt
¾ tablespoonful cayenne
⅓ cupful mixed pickle spice

Wash and cut the tomatoes in small pieces, add the onion and the vinegar, and cook until soft. Sieve, add the sugar and spices and cook uncovered until thick. Cooking rapidly gives a better colour. *Do not burn.*

Remove the spices and pour boiling hot in sterilized bottles, sealing as described in making fruit juices.

Grape Catchup

Make as tomato catchup, using ripe grapes and increasing the amount of sugar to one and one-half cupfuls.

Pickles

Pickles sweet and sour are closely allied to relishes.

In dill pickles or sauerkraut the preserving acid is induced by fermentation, in others it is more commonly introduced by adding vinegar.

Brining is really pickling. A reliable method is:

Brining

Wash the vegetables and remove all waste. Slice cabbage thin, or use a cabbage-shredder; cut corn from the cob, cut string beans and cucumbers into pieces. Weigh. Pack tightly into stone crocks, add one pound of salt to four pounds of vegetables. Place a wooden cover on top and weight down.

If to be kept, pour melted paraffin over the cover to fill the cracks and crevices.

Small Cucumber Pickles

300 cucumbers
1 cupful salt
2 sticks cinnamon
Water
Cider vinegar
2 cupfuls sugar
1 tablespoonful whole cloves
1 tablespoonful whole allspice
3 bay leaves

Choose small, fresh green cucumbers. Wash carefully, put into a deep dish, cover with cold water and salt; stand overnight; in the morning drain and dry carefully. Put

in a preserving kettle and add first a cupful of cider vinegar, then a cupful of water until the cucumbers are covered. Add the sugar, spices, and bay leaves and cook enough to steam through, turning the pickles until done. Put into sterilized glass jars and seal at once.

Mustard Pickles

3 quarts cucumbers (cut up)
2 quarts small onions
1 quart green tomatoes
2 small cauliflowers
2 large peppers
1 gallon vinegar
1 tablespoonful celery seed
1 ounce turmeric
1½ cupfuls mustard
6 cupfuls sugar
2 cupfuls flour

Place the vegetables in brine overnight. In the morning scald (not boil) in vinegar and water. Drain, mix the dry ingredients to a paste with the vinegar, and bring to boiling point; add the vegetables and boil. Cool and put into jars.

Pickled Red or White Cabbage

Quarter and core firm cabbages and slice thin. Lay in a deep dish, sprinkle sparingly with salt, and cover. Stand forty-eight hours and drain. Place in jars. Have prepared a spiced vinegar—allowing to each quart one ounce of peppercorns, half an ounce of ginger, and a pinch of red pepper. (Allspice may be used instead of ginger.) Boil twenty minutes, cool, pour over the cabbage, and seal.

Pickled Button Onions

Peel onions with a silver knife, place in cold water containing three tablespoonfuls of salt to the quart, let boil, remove, and drain. Place in quart jars, put on each a tablespoonful of white mustard seed, a teaspoonful of grated horseradish, and chopped red pepper; pour over boiling vinegar and seal.

Green Tomato Pickle

½ peck green tomatoes
1 pint small onions
6 green peppers
5 cupfuls vinegar
2 teaspoonfuls black pepper
1 tablespoonful mixed pickle spices
1 teaspoonful each celery and mustard seed
2 tablespoonfuls brown sugar
2 tablespoonfuls horseradish

Remove the blossom ends from the tomatoes and the seeds and pith from the peppers; peel the onions, slice all of the vegetables thin, let stand overnight in water to cover, containing one-half cupful of salt to each quart. In the morning drain and add the vinegar brought to boiling point with the sugar and seasonings, simmer twenty minutes. Store in jars, covering the pickle with vinegar.

Sweet Green Tomato Pickle

Prepare as directed above, adding one and one-fourth cupfuls of sugar to the vinegar.

General Recipe for Sweet Pickle

2 parts brown or granulated sugar 1 part vinegar

Allow the mixture to come to a boil, stirring constantly, boil five minutes. Stick cinnamon and whole cloves may be added by tying in a small cheesecloth bag and allowing them to cook in the syrup.

Pickled Peaches

Dip peaches in hot water, then rub off the down. In each peach put four whole cloves. Cook until soft in the syrup. Pack in sterilized jars, add boiling syrup to overflowing, and seal.

Pickled Sweet Apples or Plums

Parboil a few minutes in water before putting into the syrup. Proceed as with peaches.

Pickled Cherries

Substitute cherries for the fruit in the preceding recipe.

Pickled Dried Apricots, Peaches, Figs, or Prunes

Wash and soak the fruit overnight, drain, and proceed as with pickled peaches.

Watermelon Sweet Pickle

Rind of a large watermelon Cold water
Sweet pickle syrup

Use rind left after serving, removing outer green, and pink portions. Cut into inch pieces, cover with water, a half cupful of salt to the quart, and soak overnight.

Drain, add fresh water, and cook until tender. Drain again, cook until clear in sweet pickle syrup, and seal in sterilized jars.

Spiced Grapes, Currants, or Blackberries

4 cupfuls sugar
1 pint cider vinegar
½ teaspoonful each ground cinnamon, allspice, and cloves
4 quarts blackberries, currants, or grapes

Boil the sugar, vinegar, and spices five minutes, add fruit, cleaned and washed, and boil fifteen minutes; fill sterilized jars to overflowing, and seal.

THE DRYING AND DEHYDRATING OF FRUITS AND VEGETABLES

The term "dehydrating" means to dry or deprive of water, and may be done in the hot sun, the oven, on trays or racks over the kitchen range, or in specially constructed household driers.

Small Cook-Stove Evaporators

These are suitable for use on top of wood, coal, or kerosene stoves. They are made of galvanized iron or a wood-and-iron combination equipped with small trays on which articles are placed for evaporation.

Oven Drying

If drying is done in the oven, convenient trays can be made of wire screen, the edges bent up an inch, or trays of this type may be purchased. As many trays as possible should be used at a time, and if a gas or kerosene stove is used, extra ones placed on rests on top of the oven.

A simple device for drying, in use in some districts, consists of a wooden frame, about as large as the top of a stove, covered with galvanized screen inverted and suspended above the stove by ropes and pulleys. The vegetable or fruit is put on the screen and when the fire is very hot is

pulled away from the intense heat, lowered when the fire is slow.

Sun Drying

This method is less desirable. The weather is not dependable and some artificial heat must be used to destroy insect eggs.

Preliminary Preparation for all Methods

Foods to be dried must be fresh, tender, thoroughly cleansed, and only silver or stainless steel used. All vegetables and fruits should be blanched as in canning. (See method for cold-pack canning.) Spread the foods in thin layers on the trays and commence drying at approximately 110 degrees F. Gradually increase to 150 degrees F. The time of drying depends on the size of the material and the water content. Dry from two and a half to five hours. The products are dried when brittle, not burned or discoloured.

Stir from time to time and change the position of the shelves.

The contents of several trays can be combined when the drying process is partially completed.

Large commercial evaporators can be purchased, operated by kerosene, and stand on the back piazza, or in some detached building where the whole process can be done.

Storing Dried Fruits and Vegetables

Tin cans, pails, or glass jars having tight-fitting covers are best. Use small containers to avoid frequent opening. Small quantities of foods may be placed in bags, the openings tightly wrapped with string, the bags brushed with melted paraffin wax and placed together in a large-sized closely covered container.

A hundred pounds of raw product will be reduced to ten pounds by dehydration, so that the storage problem is not serious.

Examine dried products occasionally for insects. If found, spread in thin layers in the sun until they disappear then reheat at 160 degrees F., and store as before.

Vegetables Most Suited for Drying and Special Instructions for Each Class

Wax or String Beans

Wash, string, and cut large beans into one-inch lengths. Blanch from six to ten minutes, according to the age, having one-half teaspoonful of baking soda in each gallon of water used. Finish according to general directions.

Lima Beans, Shell Beans, Green Peas

Shell and wash, blanch the beans from five to ten minutes, the peas from three to five minutes, and finish according to general directions.

Corn

Husk, remove the silk with a stiff brush, steam on the cob eight to ten minutes, drain, cut from the cob, and finish according to general directions.

Root Vegetables (Carrots, beets, parsnips, celeriac, salsify, etc.)

Scrub, and scrape or pare according to vegetable; slice thin, blanch six minutes, and complete according to general directions.

Pumpkin, Squash, or Sweet Potato

Peel, cut in half-inch strips, blanch three minutes, and finish according to general directions.

Herbs (celery leaves, mint, parsley)

Wash, dry until brittle in the sun or oven, rub to a powder, and store in jars.

Preparing Fruits

Berries—leave whole.
Apples—slice in rings.
Pears, peaches, and apricots—cut in halves.
Tomatoes—slice.

To Use Dried Fruits and Vegetables

Soak overnight in water to cover, then proceed as for fresh.

CHAPTER XXXVI

HOW TO USE CANNED FOODS

NO MATTER whether canning is done at home or whether canned foods are purchased, they contribute to the menu a variety, and at the same time the luxury of out-of-season foods. As a matter of fact, home-canned foods represent a considerable saving of money. By purchasing the various foods for canning in their particular seasons, they may be obtained at bottom prices when they are in their prime.

The same principle holds true with the commercial foods, which are always put up when the market price is lowest and the lusciousness of the food at its height. There is no home-maker who does not feel a real thrill when she contemplates the food wealth of a closet well filled with the foods she has canned herself. There is, on the other hand, no greater feeling of food affluence than that of a home-buyer who contemplates the shelves of her pantry well filled with a carefully selected variety of commercially canned foods.

The nutriment of both kinds is practically the same if well-known brands of the commercial foods are purchased; the only great difference lies in the extra amount of sugar that is often used quite unnecessarily in home canning. The cost of the commercially canned foods is a little more than when foods are canned by the home-maker; on the other hand, the extra price of the commercial brands corresponds to the amount the home-maker has tied up in the form of time and energy. In cooking and canning, the amounts of money saved are usually balanced by the time expenditure necessary to effect them.

While most canned foods may be used as they are, it is often advisable to extend them with less expensive foods to make them go further, as well as to prepare dishes of greater variety, and to add the fresh vitamic principles that cooking

(and canning is cooking) at least partly destroys. In other words, when introducing canned foods into the menu, it must be remembered that they are cooked foods, and just as we plan the balanced meal with extra protectives in it and with fresh fruit and vegetables, so must we be sure to put these same foods into a meal made up of canned goods.

Nearly all foods may now be obtained in cans, and whether they are home prepared, or whether commercially manufactured, there is no reason why they should not be introduced into the diet, for the principle underlying *successful keeping* of any canned food is, literally, surgical cleanliness. I am referring only to those canned foods which are absolutely free from all preservatives. If they are used, the law demands that their presence be noted on the labels.

For further information as to commercially canned foods, see section on Purchasing Household Supplies and the Emergency Shelf.

Suggestive Ways of Using the More Common Canned Foods, Preserves, and Jellies

Nearly all recipes calling for cooked fresh fruit, cooked meat, cooked fish flaked or divided into bits, or cooked vegetables, *may be made up with the canned counterpart.* In nearly every recipe calling for milk, evaporated milk or powdered whole milk, combined in proper proportion with water, may be substituted. For recipes which will suggest the many ways in which canned foods may be used, look carefully through the different sections of this book.

All canned foods are greatly improved in flavour if turned from the can into an open utensil thirty minutes before they are to be used in any way, and are exposed to the air to reoxygenize. *No canned food* should ever be allowed to stand in tin, but should always be turned out, preferably into a glass jar if it is to be kept.

Suggestive Ways to Use Canned Fish

Canned Salmon, Tuna Fish, Halibut, or Fish Flakes: Creamed; fish loaf; patties; croquettes; warmed in butter; in fish chowder or fish bisque; salads; salad sandwiches; escalloped, etc.

Canned Shrimps: Devilled, creamed; shrimp wiggle; salads; salad sandwiches; escalloped; heated in tomato sauce, in curry sauce, with rice, heated in butter with rice; jambalaya, fish cocktails, etc.

Sardines: Salads; sandwiches; hors d'œuvres; canapés; in fish dressing on lettuce; broiled and served on toast with tomatoes or lemon, etc.

Lobster or Crabmeat: Salads; sandwiches; creamed; Newburg; sautéd in butter, devilled; fish cocktail; ramekins; patties, etc.

Soused Mackerel: Heated; as a salad; cold with potato salad.

Plain Mackerel: Heat and serve with plain or creamed potatoes; fish salad; canapés, etc.

Boned Herring: With potato salad; in sandwiches; in potato salad, broiled and served with baked or boiled potatoes; canapés and other appetizers.

Some Ways to Use Canned Meats and Beans

Canned Roast or Corned Beef: Cold with potato or rice salad; in hash; sliced and heated in butter in oven; creamed; escalloped; meat loaf; croquettes; casserole, etc.

Canned Lamb or Ox Tongue, Pressed Meat, or Veal: Cold with potato or vegetable salad; steamed; sliced and served on a bed of cooked spinach; steamed and served plank style on a platter of vegetables; sliced and moulded with spinach or other cooked greens.

Boneless Chicken and Turkey: Plain creamed, or heated with peas and cream sauce; escalloped; steamed and served with Béchamel, white, or mushroom sauce and rice; combine with an equal quantity of poultry stuffing and bake in a well-buttered pan, or heat in a frying pan; salads; sandwiches; à la king; quick casseroles; croquettes; timbales; loaves; little chicken pies; chicken wiggle; jellied, etc.

Devilled Tongue or Chicken: Sandwiches; in boiled dressing to serve on lettuce, vegetable or potato salad; in stuffed eggs; with crumbs as a stuffing for peppers or tomatoes.

Devilled Ham: Sandwiches; scrambled with eggs, with or without cheese; escalloped with macaroni; in potato croquettes; escalloped potatoes; in escalloped rice and

tomatoes; in boiled or mayonnaise dressing for egg, potato, or vegetable salad.

Baked Beans: Plain heated, either with or without canned tomato sauce, fresh tomato sauce, or chili sauce; heated with two tablespoonfuls of butter and as many finely diced potatoes as there are beans, allowing the mixture to gently brown; salad; baked beans; club sandwiches with or without sliced tomatoes; baked bean soup; heat and serve in the centre of the platter with a border of spaghetti and tomato sauce and a garnish of bacon; toasted baked-bean sandwiches.

Suggestive Uses for Canned Vegetables

Canned Asparagus: If possible, buy asparagus tips. If full-sized stalks are used, the tips may be cut off with the scissors, the asparagus liquor and ends of the stalks being used as a foundation for a cream of asparagus soup. The tips may be used in any recipe calling for fresh asparagus, as with drawn butter, with buttered crumbs, on toast with cream sauce; vinaigrette, escalloped, in salads, garnishes, planked dishes, in combination with an equal quantity of peas; creamed with chicken, veal, etc.

Canned Peas: Use in any way that fresh peas are served. In soup; in cream sauce; with fish loaf or new potatoes; in vegetable salads; heated with shredded lettuce or a bit of mint; as a garnish to planked meat or fish; heated in the gravy remaining from lamb chops which have been panned.

Canned Spinach: Use in any recipe calling for fresh cooked spinach; the liquor should be drained off and used with a little of the spinach for a cream of spinach soup; sufficient seasoning must be added as in using the fresh vegetable. Spinach thus seasoned may be shaped in timbale moulds; used as a garnish for planked meat or fish; chilled as a salad; may be made into spinach soufflé; escalloped spinach, or shaped into nests and served with poached eggs; a little nutmeg helps the flavour.

String Beans: Use in any recipe calling for cooked string beans. Reheat plain with butter, salt, pepper, and a trace of sugar, or add a little minced parsley, minced chives, or grated onion; serve in cream or tomato sauce, plain or escalloped; combine with an equal quantity of corn, add a little milk and seasoning; use creamed on toast with a garnish of

bacon or thin slices of broiled ham; combine with vegetables in salad-making or use as a plain salad with Russian dressing and lettuce.

Canned Tomatoes: Use in any recipe calling for stewed tomatoes. Canned tomatoes are an invaluable adjunct, not only from the standpoint of flavour, but they are very rich in vitamines. It is an economy to strain off the tomato juice, using it in making sauce or soup, reserving the solid portions for escalloping. Use in making tomato aspic; escalloped tomatoes, rice and cheese; in making tomato sauce for cauliflower, string beans, fish, meat, etc. Use instead of other liquid in making pot-roast of beef or lamb; use as an extender to eggs, in scrambling, or in omelet-making, etc.

Canned Beets: Use heated with butter, salt, and pepper, or a little lemon or orange juice in addition. Use in pickling; in making white fish with ruby aspic; in garnishing planked meat or fish, in making beet relish, or in any salad, or serve creamed.

Canned Corn: Use with the addition of a little milk, butter, salt, and pepper as a plain vegetable, or combined with canned or cooked lima beans as succotash; in fritters, deep fat or sautéd; corn pudding; heated with minced green peppers or pimientos; escalloped with equal portion of highly seasoned tomatoes; in soup; corn chowder, etc. Secure Golden Bantam corn if possible.

Canned Squash, Sweet Potatoes, or Pumpkin: Use in any recipe calling for the cooked vegetable.

Canned Carrots: Use in any recipe calling for the cooked vegetable; especially good in combination with peas, asparagus, or cauliflower, if heated in a butter or cream sauce; use in any quick casserole made of cooked meat; in salads, plain or jellied; or in cream of carrot soup; stews; as a garnish for consommé, or in carrot vinaigrette.

Suggestive Ways to Use Canned Fruits

Canned Peaches or Apricots: Use in making punch; ices; mousse; salads; serve as an accompaniment to junket, custard; Spanish cream; serve with lemon or orange jelly, or jelly the fruit itself. Use after freezing for three hours (by allowing the fruit to stand in ice and salt); freeze with cream (see section on Frozen Desserts), use in fritters, with

lamb, chicken, etc. Serve canned apricots either plain or in tomato sauce as an accompaniment to fish; use in making pies, tarts, and cooked fillings for cakes; in making Bettys, whips, and with cold cereals.

Canned Strawberries, Loganberries, Raspberries: Use in shortcakes, with cake, cereals, in making ices; ice cream; punches; fruit charlotte russe; pies; tarts; in combination with lemon or orange jelly; jellied; hot with steamed dumplings and fruit sauce; as a filling to pop-overs with an accompaniment of whipped cream; in sandwiches; in deep-dish fruit pies; fruit tapiocas, etc.

Canned Blueberries and Huckleberries: Use in cakes, pies, tarts, or in making steamed dumplings; certain steamed puddings, etc.

Canned Cherries: Use in making fruit cocktails; jellied; jellied cherry salad; plain fruit salads; sweet omelet; in combination with cream or cottage cheese for sandwiches; in fruit tapiocas; pie and tart fillings; fritters; sweet sauces; in punch, etc.

Canned Pears: Use in salads; Bettys; fruit escallop in combination with apples; in pie; with cream; in the form of fritters; or bake until brown in their own juice with a little butter; in fruit gelatines; with a sauce of chocolate custard; as a dessert; in punch with the addition of ginger ale; heat in a sweet pickle syrup for quick pickled pears; serve solidified in lemon or orange jelly made partly with canned pear juice; as a salad with whipped cream mayonnaise; or a dessert with custard sauce; freeze by burying in equal parts of ice and salt for four hours.

Canned Pineapple: *Sliced*—Use as a salad; in fritters; fruit cups; tapiocas; Bettys; baked dumplings; with moulded rice or other cereals in gelatine desserts; jellied salads; in chicken or lamb salad; use the juice for boiled fruit salad dressing, etc.

Grated—Use in sponge pies (see Pie section); whenever a pineapple sauce is required; pineapple tapioca; pineapple Turkish paste; pineapple pie; steamed dumplings; Bettys; as a sauce with cottage pudding or sponge cake; with French toast, etc.

Canned Plums: Stone and use in steamed or baked dumplings; in salads; in place of apple sauce with roast pork; with

French toast; in tapiocas; Bettys and fruit pies; in combination with apples in pie-making; stone and jelly in lemon or orange gelatines or use in fruit cup with grapefruit and oranges, etc.

Extending Jams and Jellies

A glass of jam, jelly, or marmalade is more than merely a spread for bread, it is more than an accessory. It is the condensation of Nature's best sunshine-filled foods, with wonderful food value in the form of minerals, acids, and natural sugar, besides the large amount of ordinary sugar introduced in its making.

All these preserves have their place as spreads, but it is a waste, not only of materials, but of digestive energy as well, to serve them when their place in the meal is not strictly accounted for.

We do not need any other sweets in a meal where jam and jellies are served.

For suggestive recipes for the use of jams, jellies, and preserves, see sections on Desserts, Dessert Sauces, Savoury Sauces, Pies, Cake, Pastry, Sandwiches, Garnishes.

PART III

SERVING ALL KINDS OF MEALS AND REFRESHMENTS

CHAPTER XXXVII

SETTING THE TABLE—FORMAL AND INFORMAL

NO MATTER whether the table is being set for home or company service there are a few underlying principles which must be kept in mind:

The silver, glassware, and china must be geometrically arranged so that the table will present an orderly appearance.

All of the utensils needed should be on the table in order to prevent confusion.

The table covering, whether it be doilies, a tablecloth, tea cloth, or decorative oilcloth, must be clean.

Any flowers used as a centrepiece must be fresh.

The silver, china, and glassware should be bright and shining.

No chipped dishes should be used as they are a menace to health.

At first thought, it may seem unnecessary to mention these details, but in many households the table is liable to be set in a disorderly way; half of the waiting on table by Mother or the waitress is due to forgotten necessities, and part of the inharmony and unpleasantness that centre around meals in many homes may be laid to soiled and mussy linen, wilting flowers, and a general unhappy atmosphere.

Many a busy housewife may feel that the observance of scrupulous care in the setting of the table cannot be carried out because of the time involved. No extra expenditure, time or energy, will be necessary, for once the habit of dainty and orderly table setting is established, the task can be accomplished quite as quickly if not more rapidly than by the old haphazard methods.

As to linen, if using a large cloth, the spots should be removed if possible, after each meal, if there are not so many

as to necessitate complete laundering. If doilies are used, the set should always be equipped with two or three extras.

The General Procedure in Table Setting

If a tablecloth is used, the silence cloth should go on first and be laid carefully in place. If doilies are used and the table top is highly polished and hot plates used, it will be necessary to lay asbestos mats down first, putting the plate doilies over them. Doilies should also be provided for the water glasses, and for the bread-and-butter plates. Asbestos mats covered with embroidered slips which button or snap together are used for the asbestos platter mats or mats for vegetable dishes.

After the linen is in place and the fruit or flowers arranged, collect all the silver that will be needed on a small tray with the salt and pepper shakers, the sugar bowl and creamer, if to be on the table, the carving knife and fork, if necessary, *and walk once around the table laying these in place.*

Then follow with the dishes, napkins, and the water glasses, using a tray or wheel tray, *making one trip around the table.*

If it is difficult to remember just what goes on the table for a meal, make a list and tack it up near the dish closet.

Orderly table setting depends upon an orderly mind, and it is certainly just as easy to go around the table *once* as it is to dash back and forth to the silver drawer a half-dozen times! It is also just as easy to lay this silver down according to a geometrical design in the proper order of use as to throw it on.

In fact, many who have been worried about the "company manners" of children and are concerned as to how they are going to act when away from home will find worry dispelled if the home table is set for every meal according to the "company" method.

The Placing of Silver, China, and Glassware

Allow sixteen to twenty inches of space at the table for each person.

If doilies are used, put the plate doily exactly in the centre of this space.

If a tablecloth is used, put the place plates or plate used for the first course in position to mark the centre of each person's "cover," as it is technically called.

Arrange the forks in their order of use at the *left* from *left to right;* the spoons at the *right* in their order of use from *right* to *left.* The bread-and-butter spreaders should be laid horizontally across the edges of the bread-and-butter plates, the handles at the right.

The cutting edges of the knives should be turned to the left.

The tines of the forks should be turned up.

The water glasses or goblets are placed at the *right*, just above the tips of the knives.

The bread-and-butter plates are laid at the *left*, just over the tips of the forks.

Butter balls, cubes of butter, or other forms are placed at the right of the bread-and-butter plates.

For home service silver needed for dessert may be laid *above* the plates, the handles at the *right.*

The napkins should always be laid at the *left.* If dinner or very large napkins are used, they should be folded in squares. If small tea napkins are used, they should be folded triangular shape, the long side of the triangle being parallel with the forks.

If individual sets of salts and peppers, or individual salt dishes and salt spoons are used, they are placed *above* the plate.

All piles of serving dishes are placed at the *left* of the person who serves.

All needed serving utensils should be at the *right* of the person who serves.

All silver should be laid at right angles to the edge of the table and should be within a half inch of the edge.

Water glasses should be filled three-fourths.

The service for coffee, tea, or chocolate at the table should always be arranged at the right, and if room will permit, the coffee cups and saucers should not be piled up but spread out on the table. The handles of the cups should be turned toward the right and "go" the same way, as should the han-

dles of the sugar bowl, creamer, and coffee, tea, or chocolate pot.

If bouillon is served, the handles of the bouillon cups should be parallel to the edge of the table.

Breakfast

Breakfast should be the most cheerful event of the day. The dining room should be in order. If used as a sitting room through the evening, ask the family to pick up the games, newspapers, ash trays, etc., before retiring. First start the kettle boiling for the coffee, and if serving a hot bread, get it in the oven. Then set the table by the method just described. Use gaily embroidered linen, a checked gingham breakfast cloth and napkins, or possibly decorated oilcloth doilies, which give a cheerful note. If the room is dark turn on the lights just before the meal is served, for nothing is so depressing as a dreary breakfast room.

After the table is set put the fruit on the table. If having an early breakfast, and the fruit needs preparation, make it ready the day before. It takes but a moment to make coffee, serve the cereal, and to cook the remaining part of the meal. If eggs are served, do not start them until the family is ready for breakfast.

Breakfast Service Without a Maid

At each place put a fruit plate, a bread-and-butter plate, and a glass. The silver comprises the knife and fork, two teaspoons, and a bread-and-butter spreader.

By the hostess put the tile for the coffee pot, the sugar bowl and creamer, the pile of cereal dishes, a few extra teaspoons on a tray, a mat for the hot cereal dish. Place near this a generous-sized pitcher of milk. Do not forget the serving spoon for the cereal.

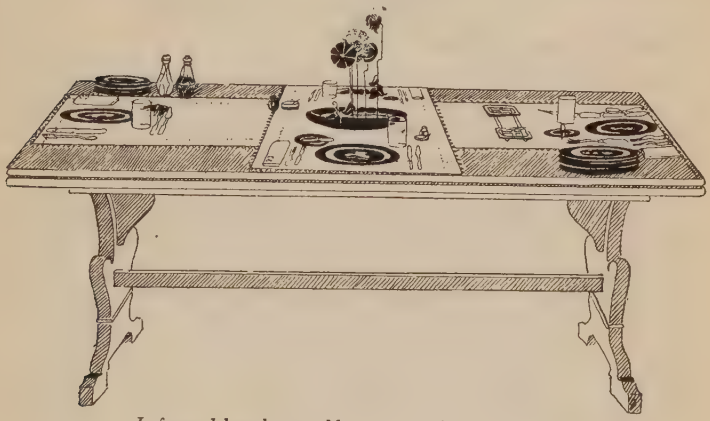
At the host's place put the pile of breakfast plates at the right, the serving utensils needed for the main part of the meal, and an asbestos mat for the substantial hot dish. The glasses should be filled and a tea cart or wheel tray next to the hostess's place holds the extra butter and water, jam, peanut butter, and any other accessories.

By this method the serving is divided between the host and hostess.

Luncheon or Supper

No Maid in Attendance

The setting of the luncheon or supper table depends upon the menu. The linen and the centrepiece are the same as for breakfast. Knives, forks, and spoons, and bread-and-butter spreaders will be needed as at breakfast. Occasionally it will be necessary to add fruit, soup, or bouillon spoons, according to the menu. If, however, there is nothing on the luncheon menu which calls for the use of knives and forks,



Informal luncheon table—no maid in attendance

it is not necessary to put them on the table. In this case the soup spoon or the salad fork or whatever utensil will be needed for the main course should be laid at the right; and the bread-and-butter spreader horizontally across the edge of the bread-and-butter plate as indicated. It is not necessary in home service to handle, for the sake of fashionable table setting, utensils which will not be needed.

The general plan of table setting and service for the home luncheon or supper with no maid in attendance is the same as that for breakfast.

If soup or chowder supplements the main course, better serve it in a tureen with a ladle rather than from the kitchen,

as this saves many steps. The regular luncheon plates or, in case soup is to be served, dinner plates, should be at each person's place. Accessories, together with the dessert course, when practicable may be upon the tea cart or tray wagon at the left of the hostess. The soiled dishes may be cleared on to the lower shelves or to a tray. In case home service style is used for company, it is a little nicer for the hostess to rise between the main and the dessert course and crumb the table by means of a soft clean napkin, brushing the crumbs on a plate, if this seems necessary.

Dinner

No Maid in Attendance

A full-sized cloth is used for dinner, or a yard-and-a-half square of hemstitched or embroidered linen takes its place. The general setting of the table and the procedure for the home dinner with no maid in attendance are as for breakfast and luncheon.

If soup is to be served at the table, it is done by the hostess who also serves the salad, which may be dressed at the table, and usually the dessert. The main part of the meal, including the meat or substantial dish, and the vegetables, is served by the host. If there is a large family, this service is liable to be a little heavy, so the vegetables may be served by someone seated at the right of the host.

Serving with a Maid

When there is but one maid it is necessary for the table setting to be approximately the same as for home service without a maid.

A tea bell, unless an electric push-button is used, should be at the right of the hostess, and no one at the table should be allowed to give an order to the waitress or request her for anything when the hostess is presiding.

For ordinary home service the meal may be announced by the ringing of a gong by the maid. The first course should be in position immediately following this, and the family should understand that they must come to the table as soon as the meal is announced or they lose their first course. This is an easy way to get everyone there at the same time.

Breakfast

For breakfast keep the service as informal as possible, using the maid merely to refill the glasses, remove the soiled dishes, and to bring in the succeeding courses. She will then have time to eat her own breakfast while the family breakfast is

Detail of "cover" for a formal luncheon

going on; or can be straightening up the icebox or carrying on some other work. Ten or fifteen minutes gained in the morning means a great deal.

Luncheon

The same general rules apply to luncheon. Whatever the maid does in the way of service should be properly carried out, but demand as little of her as possible.

Dinner

The dinner should be planned so there is no last-minute cooking. By this method the maid can easily clear up most of her cooking dishes before the meal is served. Many a food that is to be served hot can be placed in the serving dish and kept warm in a steam cooker. She will not mind serving the dinner if it does not take her half the evening to do the

dishes. Let her serve this meal in courses, to enable her to wash the dishes in relays.

She should clear away each course, replenish the water, bring on the succeeding course, and clear the table between the main part of the meal and the dessert. Then she serves the dessert and immediately following brings on the coffee service arranged on a tray for the hostess to pour.

The accessories needed for the meal should be arranged on the serving-table or buffet. These include water, butter, bread, the condiments, and so on. The dessert, dessert dishes, plates and so on, may often be on the serving table or buffet.

Waiting on table may be a very simple process. The maid should be taught to scrape and stack her dishes after each course if she does not stop to wash the dishes through the meal.

The Maid's Uniform

For home service her uniform may be simple; nothing probably gives better satisfaction for general use than plain blue or tan chambray, with white collars and cuffs, and small tea aprons. The hair should be covered with a hair net and the maid may wear a small white bow in lieu of the cap, to which so many maids object. The shoes should be comfortable and equipped with rubber heels. For dinner and special occasions she should wear long-sleeved black uniforms, with white collars and cuffs, apron and cap that match.

It is customary for the woman of the house to furnish the maid's uniforms when there will be no difficulty in getting her to wear them.

General Rules for Serving

Pass, serve, and place everything from the *left*, except extra silver and beverages, which should be at the *right*.

Plates and other dishes should be placed or removed one at a time, never being piled up. A small serving table, buffet, or wheel tray should be near by on which the dishes may be placed, or in case a large number of people are being served, a trayful of salads or desserts may be brought in at one time, the service being individual. In other words, steps and time must be saved.

In passing use a folded napkin so that the dish containing the article does not come in contact with the hand.

The serving silver should be placed in a convenient position, the handle or handles pointing toward the person being served. All serving dishes from which the guests help themselves should be held low and firm. Always pass to the left, keeping a little back of the chair and leaning forward slightly so that the guest can easily reach the food. The waitress should never touch the chair or bump the guest.

Serving trays may be used in the passing or removal of small articles, and should be equipped with a linen doily to keep the articles from sliding and avoid noise. Remove first all serving dishes and utensils; then plates, glasses, and bread-and-butter plates. Last take off salts and peppers, unused china and silver.

If nuts or candies are on the table, they remain there to the end of the meal. Dishes of relishes or hors d'œuvres are removed at the close of the salad course.

The table should be crumbed by means of a clean, soft napkin, the crumbs being brushed on to a small clean plate.

In filling glasses the maid should do this without removing them from the table. Care must be taken in passing cups of coffee, tea, or any other beverage not to spill it upon the saucer. In family or informal service the hostess usually adds the sugar and cream or whatever is desired herself. The waitress may serve the coffee or tea together with the cream and sugar, sliced lemon, etc., so that the guest may help himself. Spoons should never be placed on individual saucers, with the exception of after-dinner coffee spoons.

The waitress should stand at the left of the host or hostess, taking the dish of food which has just been served and putting in front of the host or hostess the plate for the next service.

Butter should be in the form of cubes or balls. Bread and butter are placed upon the bread-and-butter plates before the meal is announced.

COMPANY MEALS

The principles underlying the planning of a company meal are those of the balanced ration. While it is customary to

serve more to guests than to the family, a balance must be kept.

This can be done even with an elaborate menu by furnishing smaller portions and allowing twice as much of each type of food constituent. For instance, the home menu might include butter and gravy; the company menu might include a smaller amount of butter and gravy, French dressing, and hard sauce.

Any of the home meals given in the section A Year of Menus may be used for guests with a few additions from the emergency shelf or home preserve closet.

Whether or not a maid is in attendance, the service for company meals should be simple yet dainty. Methods for both types of service have been thoroughly discussed in the preceding section.

Guests are usually invited to luncheon, supper, or dinner, but there is a type of company meal which may be successfully used on holidays—the company breakfast, generally held not earlier than half-past ten or eleven in the morning; the menu is of the same nature as the French déjeuner—or what is laughingly called "brunch" in England—the combination in reality of breakfast and luncheon.

Company Breakfast Menus

A Winter Breakfast

Grapefruit
Broiled Ham (sliced thin) Potatoes au Gratin
Buttered Toast
Waffles (Electric Waffle Iron) Maple Syrup or Strawberry Jam
Coffee Tea

A Summer Breakfast

Raspberries or Blackberries Cream
Shirred Eggs, Swiss Style
Popovers or Potato Flour Muffins Butter
Coffee

Company Luncheons

The following menus for company luncheons may be used as guides for a number of these affairs by substituting similar foods for those indicated.

A Spring Company Luncheon

Fruit Cocktail
Cream of Lettuce Soup Croûtons
Broiled Chicken Potatoes Anna
Clover Leaf Rolls Butter Currant Jam
Radish Roses
Asparagus Tip Salad
Strawberry Nests
Black Coffee

(If desired, the main and salad courses may be combined, club salad taking the place of both.)

A Winter Company Luncheon

Oyster Cocktail
Chicken à la King (chafing-dish) served in Pâté Cases
Quick Tea Rolls Butter
Stuffed Peach Salad Cheese Straws
Almond Icebox Cake
Black Coffee

Suggestive Decorations for the Spring Luncheon

1. Daffodils, pussywillows, and individual pots of white or yellow crocuses to bear the place cards.
2. Apple blossoms or Japanese quince, with favours of tiny splint baskets filled with pink and white candies and decorated with the blossoms.
3. Pink and white tulips, tulips as favours, and tulip-shaped baskets filled with salted nuts.

Decorations for Winter Company Luncheons

1. Old-fashioned flowers arranged Japanese fashion in a low flat dish. For combined favours and place cards, the candy bouquets suggested in the Candy section of this book.
2. White narcissi, pink carnations, asparagus fern, and individual old-fashioned bouquets of the two made up with a carnation in the centre surrounded by the narcissi, then with violets.
3. For a Christmas luncheon, a combination of white and red carnations and asparagus fern arranged mound fashion in a low silver bowl filled with sand; surround this with a flat wreath of laurel leaves; at each place use a green splint basket decorated with holly, lined with silver paper, and

containing bonbons and chocolates decorated with silver candies and glacé cherries.

These decorations for the company dinners may be of the same type as for luncheons. However, unshaded candles usually appear on the dinner table and a full-sized cloth should be used.

A Spring or Summer Company Dinner

Swedish Leaf
Jellied Tomato Cream Bouillon Toasted Crackers
Roast Duck Broiled Potatoes
Carrots and Peas
Radish Roses Salted Almonds
Potato Biscuits Butter
Raspberry Mousse Little Decorated Cakes
Black Coffee

A Winter Company Dinner

Shrimp Cocktail
Chicken Soup with Noodles
Crown Roast of Lamb Mashed Potatoes
Peas
Entire-Wheat Rolls Butter
Pickled Peaches Celery Hearts
Steamed Marmalade Pudding Hard Sauce
Black Coffee

(If desired omit the cocktail and add a salad, as French artichoke canapé or Jane Oaker.)

A Thanksgiving Dinner

Oyster Cocktail
Petite Marmite
Roast Turkey Chestnut Stuffing
Sweet Potatoes Glacé Buttered Cauliflower
Celery
Moulded Cranberry Jelly
Bread and Butter
Hearts of Lettuce Roquefort Dressing
Marshmallow Pumpkin Pie
Fruit Nuts
Black Coffee

(Fruit cocktail may be used in place of oyster cocktail, or either may be omitted. Roast fresh or smoked ham, duck, or chicken may replace the turkey.)

A Christmas Dinner

Stuffed Pimientos
Consommé Croûtons
Roast Turkey or Braised Chicken
Mashed Potatoes Buttered Brussels Sprouts
Piccalilli Cranberry Sauce
Horseshoe Rolls Butter
Jellied Coleslaw Mayonnaise
English Plum Pudding Maraschino Hard Sauce
Black Coffee

SUNDAY-NIGHT AND CHAFING-DISH SUPPERS

The Sunday-night or chafing-dish supper should be informal; as often given without a maid, the table should be set according to the directions given for luncheon.

As considerable room is taken up by the dishes in setting for service without a maid, the vase of flowers should not be large, so that the candlesticks, if used, can be placed rather close to it. The relishes should be set near the centre decoration, arranged in silver and glass dishes.

The chafing dish should be arranged on a metal tray in order to prevent possibility of fire, and a silver chafing-dish fork and spoon with ebony or horn handles, that will prevent them becoming hot, should be at hand. A second tray, doily-covered, may contain all the ingredients, carefully measured, for the food to be prepared in the chafing dish, if it is not ready to serve. These ingredients may be arranged in pretty bowls and pitchers, as the case may be, a condiment set being used for Worcestershire sauce, mustard, salt, etc. A silver holder for the chafing-dish cover when not in use saves space and also keeps the water from dripping on the table.

The salad may be arranged on individual plates, and set at the left or just above each place before the meal is announced; or it may be dressed by the hostess at the table during the meal. If this is done, it should be arranged in a salad bowl; and the vinegar and oil cruets, salt, pepper, and paprika, together with the silver salad fork and spoon for mixing, should be within convenient reach. The pile of salad plates should be at the left. The bread or rolls may be arranged on a bread tray or in a roll basket. The cake

should be cut and arranged on a cake plate. Olives may be in a low relish dish or in an olive jar with an olive spoon for serving, and the celery on a celery tray. If sardines are to be served, they may be arranged in a sardine dish, while cold cuts may be placed upon small platters of china or silver with a cold meat fork for serving.

A meal of this kind necessitates considerable serving at the table. It will, therefore, be more convenient to arrange the dessert individually, placing it at the right of each person. The tea or chocolate service should be on a tray large enough to hold the pot, creamer, sugar bowl, and cups and saucers.

A few menus suitable for meals of this type are:

I

Fruit Cup
Tomato Rarebit on Crackers
Sardines
Lettuce and Cucumber Salad Rolls
Charlotte Russe Tea

II

Creamed Chicken on Toast
Celery Olives
Fruit Salad Bread and Butter Sandwiches
Hot Chocolate Maple Nut Cup Cakes

III

Broiled Mushrooms with Bacon on Toast
Radishes Salted Nuts
Rolls
Canned or Fresh Sliced Peaches with Cream
Swedish Cookies Iced Tea

Nearly all egg dishes, all creamed meats, vegetables, and fish, a few sautéd foods, many cheese dishes, etc., can be made in the chafing dish. See suitable sections in this book.

THE GUEST'S BREAKFAST

THE TINKLE OF ICE ON A HOT DAY

Fruit punch—cool and refreshing—easy to make—the essence of hospitality

When Company Comes

Mother lets me help.
I dust the chairs and
Cream the butter and sugar.
Mother lets me taste it.
Then I lick the spoon!

My dolly has a tea-cart too.
And when I was a little girl last year
Mother showed me how to put the dishes on.

Now I am grown up I put the napkins and spoons on the real tea-cart and a ribbon on my Teddy bear.
And then Mother buttons on my frilly dress and says "Keep Clean."

Then the door bell rings.
I peek through the curtains.
It's The Company.
I like them, if they're nice when I curtsey,
But sometimes it doesn't seem worth while to be polite.
And so I'm bad—'specially when I have to be always *seen* and not heard.
Even a little girl like me has things to say.

And then I pass the cakes.
It's much more fun to *help* than go and play.

CHAPTER XXXVIII

ENTERTAINING

Afternoon Tea and Its Service

AFTERNOON tea may take on any one of three different characters:

(a) Everyday afternoon tea.
(b) "At Homes."
(c) Formal afternoon tea.

Everyday Afternoon Tea

The service of everyday afternoon tea can be made very simple if one arranges an afternoon-tea shelf in the corner of the pantry or china closet. On this should be arranged at least six thin cups and saucers, an equal number of teaspoons, dainty napkins, a tea caddy containing a choice brand of tea, matches, alcohol spirit lamp and swinging kettle, a china tea-pot, a tea-ball, cut sugar and sugar bowl, cream pitcher, and a decorated can of little pound cakes, marguerites, hermits, cookies, or some other sweet that will keep at least a week.

It takes little time to arrange the tea service on a tray or on a tea cart and take it into the living room, dining room, or on the piazza.

In case you do not own a swinging kettle or spirit lamp, make the tea in the pot. If you have a kettle, it is better to make the tea in the cup. This is done by measuring into the tea-ball a half teaspoonful of tea for each person to be served. The boiling water from the swinging kettle is poured over the ball which is placed in the cup and allowed to remain in the cup until the tea is of the desired strength, when it is removed. One can make two good cups of tea from the contents of one ball. In case there are a good many to be served it is better to make the tea in the pot, putting the ball directly into the

pot and making the tea very strong, diluting it as desired with water from the kettle. Thin slices of lemon with or without one or two whole cloves, or cream and sugar of course, is served with afternoon tea.

Accompaniments to Afternoon Tea

It is not necessary to provide a sweet; sandwiches, or little baking-powder biscuits either plain or containing currants, raisins, nuts, or grated cheese are equally suitable. Scones and waffles are also used, as are toasted English muffins, cinnamon toast, and individual sally lunns, with butter and jelly. Whenever hot breads are provided, last-minute work is always necessary. Cinnamon toast can be made by means of an electric toaster at the tea table, the cinnamon and sugar being mixed in the proportion of three heaping teaspoonfuls of powdered cinnamon to one cupful of powdered sugar. Put in a glass dredger ready to sprinkle over the toast. The waffles may be made at the tea table by means of an electric waffle iron.

At Homes

At Homes are really nothing more than premeditated everyday afternoon tea, with this exception: the service is perhaps a little daintier.

A certain day is chosen once or twice a month during the season when the hostess is "at home" to her callers. The days, for instance, might be the first and third Tuesdays of each month. Cards, if used, should read as follows:

Mrs. James Prescott Brown

First and Third Tuesdays — 10 Hollywood Street
Four to six

The guests give their cards to the maid at the door, come in and chat a few minutes, have a cup of tea or coffee, whichever is served, and leave. This is an excellent method if one has a large acquaintance and wishes to keep the relationships informal.

When an "At Home" is being given, it is usual to have the tea table containing the refreshments in a corner of the living room. It is customary to serve savoury sandwiches, as

well as a sweet, some candies or salted nuts, or both, and tea and coffee. An excellent method to use in making the coffee at the tea table is to use the soluble coffee, which can be measured into the cup with the spoon, the water from the swinging kettle being poured in as needed. Cream and sugar should be provided, of course. Napkins are not generally used for "at-home" service. The guests stand or sit about as convenient, putting the sandwiches or little cakes upon the saucers of their cups, plates not being needed. Nothing demanding the use of a fork should be provided.

Menus for "At Homes"

Date, Ginger, Nut and Cream Bread Sandwiches
Stuffed Celery
Orange Cup Cakes — Salted Nuts
Tea — Coffee

Savoury Creamed Chicken Sandwiches — Olives
Little Raspberry Tarts
Candied Orange Peel
Coffee — Tea

Watercress or Lettuce Whole-Wheat Bread Sandwiches
Strawberry Sandwiches
Little Cocoanut Cakes
Turkish Paste
Coffee and Tea

Snappy Cheese and Nut Sandwiches
Tiny Mince Tarts
Peppermints — Wintergreens
Coffee — Tea

Formal Afternoon Tea

When a formal tea is held, usually a large number of guests are invited, the number seldom being under twenty-five and oftentimes running up to one and two hundred. This really takes on the characteristics of a reception, with this exception, the refreshments are more simple and it is not customary to provide music and other entertainment—conversation alone is supposed to be sufficient. The invitation would read as follows:

Mrs. James Smith

At Home
On Friday the sixteenth of January from Four until Seven O'clock
12 Pine Street

If the tea is to introduce a guest, this is signified at the top of the card as follows:

To Meet Mrs. John Henry James

It is customary to send out invitations to a formal tea at least two weeks in advance. In case one cannot come, calling cards should be mailed to the hostess so that they will arrive on the day of the affair. If one attends, cards should be left at the door when one enters. No other acknowledgment is necessary unless "kindly respond" is written on the card.

The hostess and her honoured guest, if the tea is given for any one in particular, should be stationed near the entrance to the living room so that they may receive. (A maid is in attendance at the door and the guests are shown to a room where they can leave their heavy wraps, if they are worn.)

A few friends of the hostess should quietly and informally introduce guests who may not be acquainted, as the hostess will be too busy to spend much time with individuals. Refreshments should be served from 4.15 on, as many guests will drop in for just a moment or two.

The dining table should be arranged in this way: A fine linen tea cloth of any kind may be used; or lace runners may be chosen instead. A high or low centrepiece of flowers may be used, and candles should light the table. At one end should be arranged the silver tray containing the tea service, swinging kettle, cups and saucers with the spoons laid across the edges at the right, and a napkin for the one who pours in case something is spilled. At the opposite end of the table may be arranged the coffee or chocolate service. If possible, the coffee should be in an urn, but if one does not own an urn, the coffee pot can be refilled as needed. If chocolate is served it should be in an urn or a tall pot, whipped cream in a bowl with a ladle for service beside it. By the way, if bouillon is served, it is always in an urn, unless it is first passed by the maid.

Plates filled with dainty sandwiches, cakes, little cookies, candies, salted nuts, and so forth, are arranged on the sides of the table. If a frappé or other ice is served, it should be from the serving room or a separate table. The ice table should be covered with a cloth, and if frappé or some other soft ice is served, it should be in a bowl with a large spoon for

the service. If large moulds of ice cream are used, they may be served upon plates with ice-cream forks for the service. If frappé cups or glasses are used, it is customary to place each cup upon a doily-covered plate.

Illustrative Menus for Formal Afternoon Tea

Italian Tea Sandwiches
Snappy Pecan Sandwiches
Butterscotch Meringues or Strawberry Mousse and Kisses
Turkish Paste — Charlotte-Dipped Nuts
Tea — Coffee

(If warm weather, introduce a punch, omit the coffee, and serve iced tea.)

Apple, Nut, and Mayonnaise Sandwiches
Cheese and Green-Pepper Sandwiches
Biscuit Tortoni — Little Decorated Cakes
Maple Penuche — Mints
Tea — Coffee

CLUB REFRESHMENTS AND PARTIES

The Afternoon Club Luncheon

The question of what to provide and how to serve the after-club luncheon is always puzzling. The refreshments come so close upon dinner that they must not be substantial nor too sweet, yet they should be dainty and complete.

The manner of service is varied. At a bridge or card party where the tables are set up, small linen cloths are often laid over them and refreshments served informally, the guests retaining their seats. If several foods are provided, they are usually served in courses; this method is not practical unless a maid is in attendance.

In serving a large company, the method detailed for formal afternoon tea should be followed.

The following menus illustrate various types of after-club refreshments:

Menus when only two articles are to be served

I

Chicken Salad Sandwiches — Coffee

II

Welsh Rarebit (chafing dish) — Ginger Ale

III

Little Apple Meringue Pies with Whipped Cream Tea

IV

Portsmouth Orange Cake Iced Coffee

Menus when the repast is somewhat elaborate

I

Clam Bouillon Whipped Cream Wafers
Chicken Salad Sandwiches Grape Conserve Sandwiches
Strawberry and Pineapple Salad
Maple Parfait Little Cakes
Coffee

II

Cream Chicken in Cream Puff Cases Olives
Jellied Fruit Salad Nut Sandwiches
Chocolate Marshmallow Frappé Macaroons Little Decorated Cakes
Tea Coffee

PARTIES

Party refreshments may be served buffet style as described for formal afternoon tea. In this case the menus described for club refreshments may be used. If, however, the party is of such nature as to call for the formal service of a late evening supper, the guests seated at the table, or served buffet style, menus of the following type may be used.

Menus for Party Suppers

I

Hot or Jellied Consommé Bread Sticks
Chicken à la King
Cream Cheese Sandwiches Brown Bread Sandwiches
Olives Salted Nuts Candied Ginger
Nut and Date Salad Mayonnaise
Strawberry Bavarian Cream Little Pound Cakes Russian Wafers
Coffee

II

Chicken Broth Whipped Cream Rolls
Crabmeat Croquettes Peas
Brown Bread-and-Butter Sandwiches
Jellied Tomato and Pimiento Salad Olives Celery Hearts
Nesselrode Pudding Macaroons
Coffee

III

Fruit Cocktail or
Strawberries in Halves of Melons
Jellied Tongue Harlequin Salad
Buttered Baking-Powder Biscuits
Olives Salted Nuts
Biscuit Tortoni Angel Cake Squares Bonbons
Iced Coffee

Refreshments for a Children's Party

Eggs Shirred in Ramekins
Animal-Shaped Bread and Jelly Sandwiches
Junket Ice Cream "Gingerbread Men"
Birthday Cake (sponge)
Milk

A Little Girl's Birthday Luncheon

Orange Fruit Cup
Celery Soup Crackers
Creamed Chicken Little Entire-Wheat Biscuits split and put together with jelly
Lettuce and Stuffed Egg Salad
Butterscotch Meringues Birthday Cake
Fruit Drink Candies

Refreshments for the Six- or Eight-Year-Old's Party

Creamed Eggs on Toast (arranged like Lilies)
Calla Lily Sandwiches (made of soft bread rolled about centres of pieces of peanut butter)
Flower Sandwiches (filling of jelly and decoration of nasturtiums)
Ice Cream (served in flower pots; top of cream sprinkled with chocolate to represent earth—a spray of flowers growing in each)
Birthday Cake (decorated with candied violets or rose leaves, etc.)
Candies and Glacé Fruits
Orangeade

Simple Birthday Refreshments

I

Scrambled Egg Sandwiches Jelly Sandwiches
Junket Ice Cream with Strawberries
Birthday Cake
Cocoa or Milk Punch

II

Creamed Tongue Sandwiches Nut and Cream Cheese Sandwiches
Spanish Cream Birthday Cake
Grapejuiceade

A COMPANY DINNER TABLE

THIS TABLE IS SET FOR A LATE EVENING SUPPER

Snowballs in green glass in the centre, roses and quaint ladies in pink and blue for favours. The first course is in position

III

Birthday Cake
Maple Ice Cream with Maple Syrup Sauce

IV

Chicken Sandwiches
Birthday Cake
Milk Punch or Cocoa with Whipped Cream
Peppermint and Wintergreen Candies

CHAPTER XXXIX

THE FINE ART OF CARVING AND SERVING

THERE are specially shaped knives for each specific kind of carving. For roasts the large meat carver is best. A carving set consists of a knife with blade about nine inches long and one and one-fourth inches wide, slightly curved and tapering to a point; a fork, this having two curving tines and a guard to protect the carver's hand should the knife inadvertently slip; and a steel or sharpener. Next come the steak carvers, of the same general style and shape as the large ones but smaller in both handle and blade. One occasionally sees a slicer which has a wide, long straight blade, this being used where there is a great deal of carving to be done, as, for instance, in a restaurant. The blade is wider than the ordinary carving knife and thus makes it easier to carve thin slices from the joint of meat. A game carver has a small pointed blade and a long handle to make it easier to disjoint the bird, but for poultry, game scissors are often used, this particular implement having handles and short heavy deeply curved blades with which joints or small bones can readily be cut apart. Then we have fish servers, the blade of the knife being broad and slightly curved upward, the fork having four tines.

The Carving and Serving of Fish

In serving fish be careful not to break the flakes. The middle of the fish is considered the choicer part, the flesh being more insipid toward the tail. With such fish as halibut or salmon, carve in thick slices down to the bone, then slip the knife under parallel to the bone so as to aid in removing them. With salmon, be sure to serve a little of the thick and a little of the thin part of the fish to each person. Broiled fish are usually divided lengthwise through the centre, then into convenient-sized portions for serving. Small fish such as smelts and pan fish are usually served whole.

Carving a rolled roast

The Carving and Serving of Beef

A Standing Roast

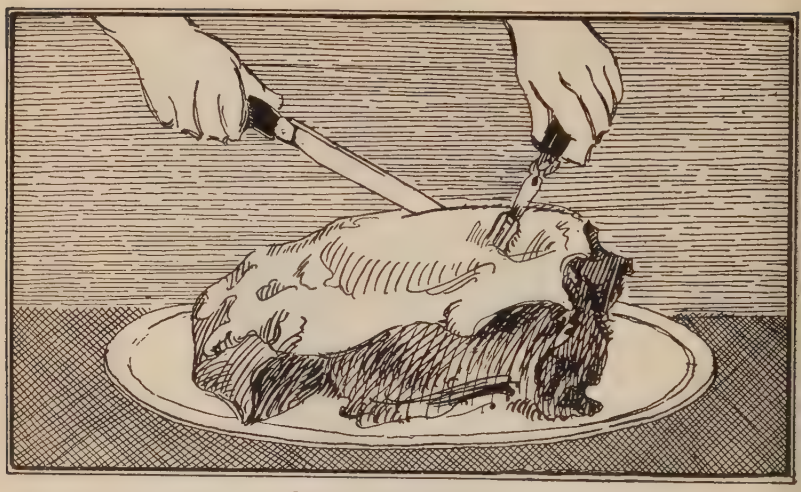
Plunge the fork firmly and deeply into the meat and cut long slices from the thin end of the joint to the heavy end. If your butcher has trimmed the meat properly this will be very simple. In serving endeavour to please the taste of each guest by giving them a choice of either well done, medium, or rare portions. Serve a little of the fat with each slice of lean.

Rolled Roast

A rolled roast is one in which the meat has been skewered and tied into compact shape by the butcher. In carving this, slice horizontally right across the joint. Be sure that the guard of your fork is up when carving this joint so as to protect the hand.

Porterhouse Steak

Run the knife along each side of the bone parallel with it to separate the meat from the bone. Serve a portion of the



Carving a standing roast

tenderloin from under the bone and a portion of the upper meat to each guest. The tail or thin end of the steak is sometimes passed through the food chopper and broiled with the steak or it may be reserved for the making of hash.

Round Steak

Cut the meat in slices about two thirds of an inch thick and lay these on the plate, cut sides up and down.

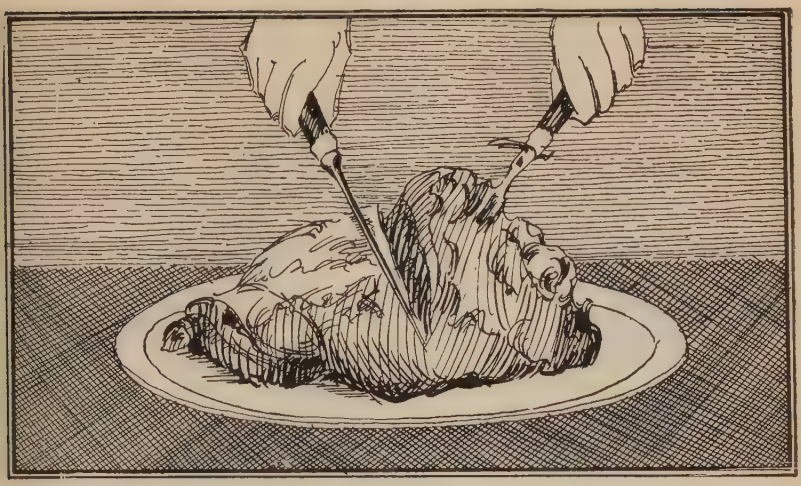
Corned Beef

If the joint is the round or rump, cut in thin slices (always across the grain of the meat). With brisket, which is a much fatter cut, slice from the top through to the bone unless this has been removed before serving.

Lamb

Leg

Commencing near the centre of the joint cut in slices one-third inch thick right down to the bone. After making several cuts in this way run the knife parallel with the bone so that the slices of meat are detached from it. Remember



Carving a leg of lamb

that the bone does not reach to the centre of the leg, but on one side of it the meat is thicker than on the other. It is the thick side which should be cut, this being the choicest for service hot.

Shoulder

This is a joint of lamb not sufficiently used. It is delicious roasted and served either with mint or onion sauce. Cut in slices from the surface to the bone in the same way as a leg.

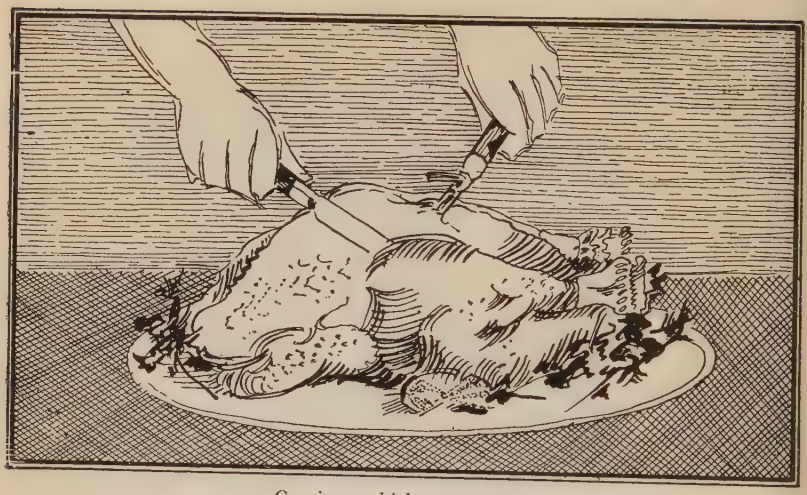
Crown Roast

This roast is fashioned from the ribs of two lambs fastened together in the form of a crown with the meat inward and the bones turned to the outside. The tips of the bones are garnished with little paper frills and in serving cut between each two ribs giving one chop to each service.

Pork

Loin

See that all bones are thoroughly cracked and separated, then cut each one from the joint for service.



Carving a chicken or turkey

Crown Roast

Carve exactly the same as for crown roast of lamb.

Fresh Ham

Be sure that the skin is thoroughly scored; then, beginning near the rounded end, cut in thin slices slantwise, serving a little of the crisped skin with each portion of meat.

Whole Smoked Ham

Carve the same as fresh ham. The meat lying above the bone is the choicest, that underneath being generally reserved for mincing or for use in omelets, escalloped, or in many savoury dishes. Where a half ham has been cooked, cut in slices from the top down to the bone. Here again the meat above the bone is the choicer portion.

Tongue

The centre is the choicest part of the meat and should be cut in thin slices. The tip is very dry and the root fat, but these two portions may be passed together through the food

chopper, seasoned, pressed into a jar, and served as potted tongue or used as a sandwich filling. If the tongue has been rolled and pressed, cut into even slices across the entire surface.

Poultry

Roast Turkey and Chicken

First remove the leg and wing from the side of the bird nearest the carver using the small carver or game scissors, then cut long even thin slices from the breast. If the number to be served is small, probably sufficient meat can be cut from one side of the bird, leaving the other whole for service at a subsequent meal. With a turkey the leg may be divided into several portions, the second joint and the breast being the choicest portions of the bird. If it is not necessary to serve the drumsticks they may be laid aside and devilled later, but if the tendons have been properly drawn there is no reason why drumsticks should not be served at the first meal at which the bird appears.

Boiled Fowl or Turkey

With this method of cookery the bird is usually dismembered in the kitchen and covered with either parsley or celery sauce. If served whole the method of carving is the same as for roast chicken or turkey.

Broiled Chicken

Cut lengthwise into halves, and if very large, divide again crosswise, making four portions.

Duck and Goose

These birds are delicious, but they cannot really be considered economical as the proportion of meat to bone is much smaller than with chicken or turkey. The slices of breast are thin and the joints of the legs are very much farther back than with a chicken. Game scissors will be helpful in carving these birds.

Remember that the wing of a swimming bird and the leg of a flying bird are choicer than the opposite portions of each, for naturally the exercise of flying and swimming toughens the muscles.

CHAPTER XL

UTILIZING LEFT-OVERS

LEFT-OVERS may be classified under two heads—those that are controlled or deliberately planned for, and those that may be called odds and ends, which consist of accumulations of foods that are unexpectedly left unserved. The first type accrues from planning ahead; for instance, sufficient potatoes may be cooked for dinner so that enough will be left to be fried for breakfast, or enough extra sauce may be made for dinner to allow a sufficient amount to serve for luncheon the next day. Another term for these left-overs, and a much more descriptive one, is foods that are cooked ahead.

As far as the odds and ends are concerned, they accumulate in every household, for it is impossible absolutely to judge the family appetite. They include all sorts of things and sometimes it may not seem an economy to use them, but when it is kept in mind that *every bit of left-over food is as valuable as the cost of its original ingredients*, the real value of those odds and ends is apparent. A tablespoonful of peas contains comparatively as much nutriment as was contained in the can. The successful restaurant or hotel man realizes this to such an extent that the amount of garbage or refuse is limited almost entirely to that scraped from the plates, almost nothing being thrown away. Usually potatoes are cooked in their jackets; the outer leaves of lettuce, the tips of celery, and so on, are used in making soup; the egg shells in clearing stock or coffee; bits of bread in egging and crumbing, and so it goes. His success or non-success may nearly always be gauged by the amount in his garbage cans. The same thing should be true of the household—that one which is financially sound, the bills of which are paid, is usually the one which conserves its food to the utmost.

A Typical Meal of Left-Overs

The reason that in planning meals a week ahead, luncheon or supper is left vacant, is to allow for the use of these left-overs, for they are especially adapted to combination with other foods in made dishes. For example: there might be left over a cupful of canned corn, a few outer leaves of lettuce, a little broiled halibut, two potatoes, some dried bread, and some bits of fruit, consisting of half an orange, a saucer of prunes, half an apple, and a piece or two of peach or canned pear. There is not a sufficient amount of any one food to make up a dish that will serve four people, but with the addition of a very few ingredients these odds and ends may be made into a delicious meal for four. This could consist of:

Cream of Corn Soup Croûtons
Halibut and Lettuce Salad with Russian Dressing
Bread and Butter
Fruit Cup Tea

The corn, plus one of the potatoes—to give body—could be used in making the soup; the lettuce should be shredded and combined with the second potato, diced small, the halibut, and the Russian dressing: the fruits could be put together, sweetened with a little sugar dissolved in boiling water, and allowed to chill.

The stock pot for a family of fair size takes care of the savoury odds and ends, as well as bones from meat, which accumulate in the winter. (See section on Soups.) Bits of fat, the drippings from bacon, ham, and sausages, as well as pieces of suet and the fat from corned-beef water, may be clarified and used for the sautéing of savoury foods. The water in which vegetables are boiled (if they are boiled instead of steamed), which contains both flavour and minerals as well as a certain percentage of vitamines, may be used as the base for soup, and so I might continue. Nothing need be wasted, for it is inexcusable to purchase foods that are spoiled or to fail to use foods before they spoil. Further than this, nothing need be destroyed except the outermost scrapings and peelings from certain vegetables, nut shells, bones (after all the flavour has been extracted), egg shells (after they have been used to clear stock or coffee), a few wilted vegetable leaves, and coffee and tea grounds.

The following list of ways in which to use left-overs is merely suggestive. Many others will spring into the mind of the imaginative home-maker. Recipes and methods for making the various dishes suggested will be found in other sections of this book.

Suggestions for Using Stale Bread Crumbs: Dried, and rolled or ground into crumbs by means of the food chopper. Keep crumbs from buttered bread or toast separate as they turn rancid quickly. Keep either kind in a glass or metal container with a perforated top. Use in egging and crumbing croquettes or patties, thickening soups and gravies, to partly replace flour in making steamed puddings, griddle cakes, and biscuits, in Bettys and escallops, etc.

Dried Bread: In bread stuffings; croûtons; coarsely crumbed and browned in butter on vegetables; as crusts in soup; sliced and dried, as Patti bread; in stuffing vegetables.

Meat: Réchauffés, ragoûts, sandwiches, meat loaves, patties, timbales, salads, stuffings for vegetables, hash, creamed, ramekins, minced on toast, escalloped, as meat sauce for spaghetti or boiled rice, in quick casseroles, rissoles, certain omelets, croquettes, etc., with macaroni in stock-making. (See sections on Meats, Vegetables, Cereals, Eggs, Soups, Sandwiches.)

Fish: Creamed, escalloped, creamed with peas or asparagus, in ramekins, fish balls, or patties, bisque soups, croquettes, sandwiches, salads, appetizers, fish cocktails, stuffings for vegetables, etc.

Cheese: Grate the rinds and keep in a glass container with a perforated top. Use in any au-gratin dish, cheese straws, cheese sauce, cheese pastry, to serve with asparagus, petite marmite and other soups, cauliflower, broiled tomatoes, in making cheese toast, egg dishes, etc. (See sections on Soups, Eggs, Vegetables, Pastry.)

Vegetables: Left-over vegetables may often be combined, as peas and carrots; asparagus and peas; cauliflower and carrots; turnips and cauliflower; string beans and celery, etc., either buttered or in a cream sauce.

Use escalloped, plain, or in combination, in plain or jellied salads, jardinière, in brown or white sauce as an accompaniment to meat or fish loaves or croquettes, in fritters, in

certain stuffings, soups, egg dishes, etc. (See sections on Soups, Eggs, Savoury Sauces, Salads.)

Cereals: In soups, savoury and sweet escallops, muffins, griddle cakes, stuffings, croquettes, as fried or oven-browned cereals, in puddings, etc. (See sections on Desserts, Quick Breads, Cereals, etc.)

Stock: Use as part base for aspic, jellied vegetable salad, in moistening minced meat or fish, as part liquid in cooking certain vegetables, making sauces, etc.

Fruits: In fruit cocktails, salads, gelatine desserts, two or three fruits cooked in combination, ices, punch, cake fillings.

Syrups, Jams, and Jellies: In making sauces, sweetening punch, fruit cocktails, fruit-salad dressing, lemonade, as a partial sweetener to gelatines, as a foundation for cake icings, in quick candies, or as a foundation for a savoury mint sauce to serve with duck, game, or lamb.

Sour Milk and Cream: Use sour milk in making soda biscuits or any dark cake, using a half teaspoonful of baking soda to a cupful of sour milk and omitting the sweet milk and baking powder. Use in making corn or other whole-grain breads, substituting a similar amount of sour milk and baking soda for sweet milk and baking powder. Use milk just on the turn for the making of lemon or any other sherbet with an acid flavour.

Use sour cream in the making of sour-cream salad dressing or whipped-cream mayonnaise, or add cream that is not much soured to any ice-cream mixture with an acid flavour, omitting the sweet cream. Vegetables, as beets, cabbage, cauliflower, and spinach may be heated in sour cream, the only further seasoning needed being salt and pepper. Use sour cream in making cake or cookies, as follows:

As it will be substituted for milk and as the cream is rich in fat, the amount of shortening used must be lessened and the amount of liquid added must be increased, one cupful of light cream being practically the equivalent of three-fourths cupful of milk and a fourth cupful of butter.

Sour cream may be used as a foundation for sour cream mayonnaise.

Large quantities of sour milk with or without an additional amount of sour cream may be used in making cottage cheese.

The suggestions made in this section for the use of sour milk may be applied to odds and ends of buttermilk.

Fruit Peelings: Use in making sauce; cover with water and boil as a base for a fruit punch, gelatine, or fruit sherbet. The minerals and vitamines of fruits lie next the skin and in the cores. These should be boiled together. Orange, lemon, and grapefruit rind should be candied. (See sections on Dessert Sauces and Candy Making.)

The Tops and Outer Leaves of Vegetables: The tops of young turnips, beets, and radishes may be cooked as greens or added to spinach or chard when they are being prepared. The outer leaves of cauliflower may be cooked separately and served with the cauliflower or separately. Use the tops of young onions in the making of cream of onion soup (see general recipe for cream soup with cooked vegetable). Use celery tops for drying and future seasoning, or in combination with the outer stalks for the making of cream of celery soup. Lettuce or romaine leaves, bits of escarole or other salad greens may be used singly or in combination as a basis for a cream of lettuce soup.

Savoury Drippings: Bacon, ham, and sausage drippings may be used in frying savoury foods, as corn fritters, potatoes, if a flavourful taste is desired, and so on; or the fat may be used in seasoning vegetables to which it is desirable to give a savoury taste, as string beans, summer squash, dried beans, greens, tomatoes, and the like. If bacon is carefully cooked and the fat is not burned, the drippings may be used in shortening any grain muffin or bread, or any dark cake, as spice cake.

Beef Drippings: The fat from roast beef or other forms of cooked beef may be used for savoury frying. If, however, the fat is freshly tried out from suet it may be substituted, if a little salt is added, for the shortening in almost any dish unless it is a food of very delicate flavour and colour, as white or silver cake.

Eggs: Use bits of scrambled eggs in soup, as is done by the Chinese. If poached eggs are left, cook them in boiling water until firm, cool, and use as a garnish to a vegetable, in a salad, or in meat loaves.

Coffee: Use as a liquid instead of milk or water in the making of dark cakes, in moistening mincemeat, as the base

for cooked and uncooked candies, in combination with cocoa to make Russian chocolate, in combination with cider to make cider punch, in making iced coffee, coffee eggnog, coffee jelly, coffee filling for cake, cream puffs, or éclairs, coffee butterscotch sauce, and as a base for uncooked icings. (See various sections for these recipes.)

Cocoa: Use in combination with coffee for Russian chocolate, in making cocoa sauce, instead of milk in making dark cakes or cookies, as the liquid base for quick chocolate candies, quick icings, or as the liquid in making fudge. In using cocoa in chocolate-flavoured mixtures it will be necessary to add more cocoa or chocolate to bring about the desired result.

Parsley, Mushroom Peelings, Mint Leaves, Fresh Herbs, and Celery Leaves: These should be washed, drained on towels, then dried and stored in tightly closed jars for future use in seasoning. (See section on Seasonings.)

French Dressing: This is frequently left in the salad bowl after a simple fruit or vegetable salad has been served. It should be strained and kept for later use.

Peelings from Vegetables: The thoroughly scrubbed peelings from onions, carrots, celeriac, turnips, tomatoes, parsnips, and other vegetables of like nature should be used partially to replace fresh vegetables in making stock. If this is not frequently made, they may often be added to vegetables which are being cooked for soups, as lettuce, peas, etc., the blending of flavours being delicious. In this way the food value is saved.

range, so that these savoury foods may be served quickly. Another long table, away from the heat, will take care of the serving of soups, crackers, salads, and breads, while a third will be needed for the desserts and beverages. Dishes should be washed as used, as it is generally necessary to use them several times over.

A suitable menu for a dinner may be as follows:

Fruit Cup or Tomato Bouillon
Radishes Olives
Chicken Fricassee or Roast Veal with Dressing and Gravy
Mashed Potatoes or Rice Croquettes
Peas or String Beans
Bread and Butter
Beet Savoury Salad
Chocolate Nut Sundae or Lemon Meringue Pie
Demi-tasse Salted Peanuts

Such a meal should bring not less than a dollar a person.

For a simpler meal at a smaller price use the following menu:

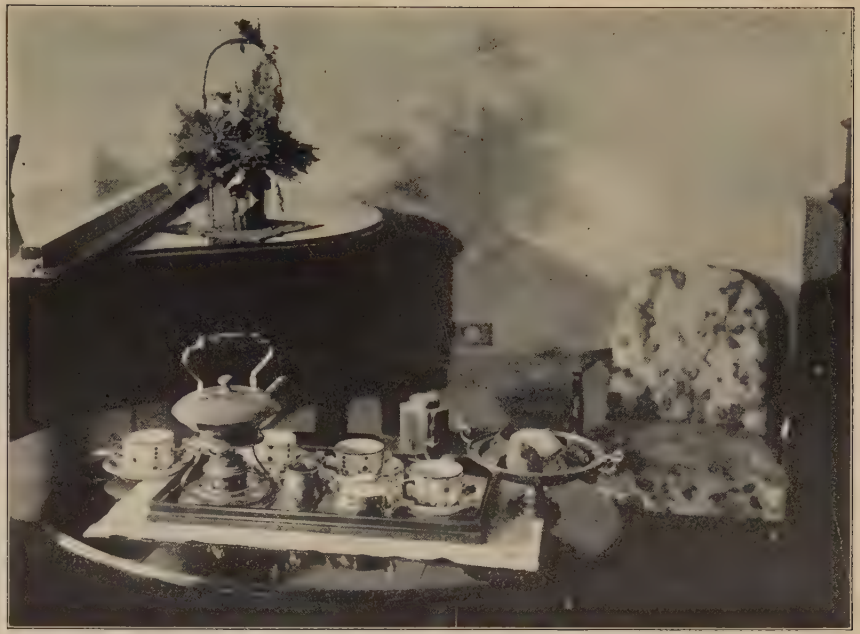
Chicken or Vegetable Bouillon
Roast Fresh Ham Apple Sauce
Browned Potatoes Peas or Spinach
Pickles Celery
Finger Rolls Butter
Lemon Gelatine with Custard or Butterscotch Pie
Demi-tasse

Here the meat and vegetables would be served together in what is known as "one-plate service." The pickles and celery would be on the table at the beginning of the meal that the guests might help themselves. The meat and the two vegetables with the apple sauce in a paper case if possible should be on the plate. This would simplify the service.

Other one-plate meals might be:

Chicken Pot Pie with Carrots, Peas, and Potatoes
Currant Jelly
One Green Vegetable—Spinach or Beet Greens
Bread and Butter
Fruit Shortcake
Coffee

Or in very hot weather the popular cold cuts which bring



AFTERNOON TEA—AND MUSIC

The cakes are rocks, Buster Browns and caraway cookies, all easy to make

A LITTLE MIDNIGHT SUPPER

After the theatre or movies—a Welsh rarebit on toast, relishes, and iced coffee

a high price in many of our best restaurants would be equally good. Such a menu might consist of:

Thinly Sliced Rare Roast Beef, Cold Baked Ham, Cold Lamb or Chicken
Escalloped Potatoes or a Mixed Vegetable Salad Pickles and Olives
Pie or Ice Cream Coffee

The great advantage of such a meal is that it may be placed on the table and all may sit down to eat together, the helpers excepted, these being needed for the replenishing of platters, the serving of coffee, and the changing of the plates before the dessert.

Cafeteria Suppers

For the cafeteria form of service foods are prepared beforehand, the guests being permitted to help themselves, at least to the extent of assembling their own portions; it is necessary for economy to have certain persons in charge of the foods doing the actual serving.

Cold meats of all kinds and at least one hot dish should be provided; this might be creamed veal, creamed chicken, chicken pâtés, or baked beans, with a hot chowder or soup as a first course, if desired. For a lighter meal various salads might be provided, as vegetable, chicken, or shrimp, the prices varying according to the dish selected.

Small tables should be set about the room, with flowers, salt, pepper, and the condiments needed, the guests helping themselves to trays, the necessary cutlery and napkins, and passing along the line making a selection from the dishes provided. The cashier makes out the check; the guest pays for the meal, which is then taken to the table and eaten. Families or parties of friends generally make reservations beforehand for tables.

This method of service eliminates the necessity for many assistants, but it does require careful planning beforehand and proper arrangement of dishes to be served in their correct order that the guests may not create confusion by passing back and forth along the line.

Afternoon Tea

The service of afternoon tea has become very popular of late years and there is no reason why churches and clubs

should not make use of this growing popularity as a means of raising funds for their hearts' desires.

A rather unusual and pretty service, whether to be served to a comparatively small or a large number of guests, may be arranged from tea carts, each of these being equipped with a teapot of strong tea, an urn or swinging kettle of hot water, sliced lemon, lump sugar, and light cream. Cups, saucers, spoons, and napkins should be placed on the top, and a tray to serve several guests; as many as eighteen persons can be served from one tea cart. Each cart must be presided over by a hostess who should have two assistants to pass the tea, sandwiches, and cakes, which may be arranged upon wicker trays and which should be obtained from a central buffet table.

One or two attractive menus would be:

I

Open Brown Bread and Cream Cheese Sandwiches
Lettuce and Cress Salad Sandwiches
Little Cakes and Wafers Tea

II

Tart Sardine Sandwiches
Marmalade Sandwiches
"Buster Browns" Macaroons
Tea Fruit Punch

III

Nut Bread Sandwiches filled with Cream Cheese and Peppers
Monaco Sandwiches
Small Frosted Cakes Dropped Cookies
Mint Wafers Tea

Afternoon tea of this type at any good tea room would cost from fifty to seventy-five cents and there is no reason why a similar price could not be charged by a church or club.

Using This Book for Large-Quantity Cooking

In estimating eggs for cakes and puddings one may be omitted for every *four called for;* example, if six times an ordinary cake recipe is being made, which needs twenty-four eggs, use eighteen.

It is not a difficult matter to estimate the amount of raw material which will be needed to feed fifty people, if the

recipes in this book, which are apportioned for six, are used. To feed fifty, multiply by eight. This apparently leaves two unprovided for, but, in reality, the amount will be sufficient to feed fifty-four, as *all materials gain when measured in quantity*. See the following table which may be used in estimating materials for large numbers:

Quantities for Fifty

Medium-ground coffee, good grade, two and one-half pounds.

Tea, one pound.

Cocoa (to ten quarts liquid), one pound.

Butter, two pounds.

Rolls or biscuits (small), two to each person.

One medium-sized loaf of bread cuts twenty-six slices.

Vegetables, including potatoes, two heaping tablespoonfuls per person.

One pint can of peas, beans, corn, etc., serves from six to seven.

Raw meats, as beef, lamb, veal, pork, etc., one-third pound per person.

Chicken, turkey, or duck, to be roasted, one-half pound per person.

Chicken for pie or fricassee, one-fourth pound per person.

Raw fish, one-fourth pound per person.

One ten-pound ham, sliced thin, serves thirty people.

Two pounds raw meat, in a loaf with a sauce, will serve ten.

Salads, as Russian, salmon, potato, etc., one-half measuring cup per person.

Ice cream, eight servings per quart—ten with a sauce.

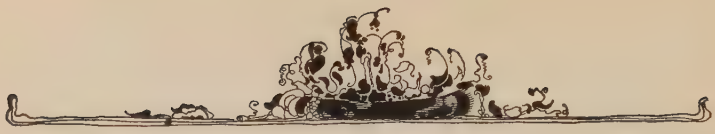
Canned fruit, allow two pieces per person, as pears, peaches, etc.

A medium-sized pie should be cut in eight pieces.

A medium-sized layer cake should be cut in ten pieces.

Allow two small cakes or cookies per person.

In making custards, rice puddings, etc., bake them, if possible, in eighth-quart cups and serve individually.



Spring Flowers

A low bowl—a touch of Spring on the breakfast table.
The sifting sun.
Violets with a clump of grass.
Arbutus bathed in the melting snow.
Dandelions plucked by grubby little fingers.
The unconscious birth of the new—the radiant happiness of the grubby hands, their offering has brought joy.
A spray for the teacher at school.
A bit for Father's buttonhole, he steps out to conquer the earth—the sky is blue, although the April rain is raining!

Evening—
The low bowl filled to overflowing with bloodroot, hepatica, anemones, bluets pulled by the Littlest Baby—
A simple meal, Mother enticed outdoors.

A happy memory—Mother singing in the woods.
The low bowl is glad it's Spring.

CHAPTER XLII

OUTDOOR MEALS

FROM time immemorial the outdoor meal has been a real fête; probably because in the earlier days there were not so many large buildings as now, so when groups were to get together it was necessary to occupy the out-of-doors.

It was undoubtedly because of this that barbecues became so popular, and because a real outdoor fête is nowadays a rarity, that they are so popular. The barbecues, for instance, of a famous motion-picture star are red-letter days among her friends.

There is no reason why the outdoor meal should not become a habit with everyone except in very stormy weather; children should be encouraged to take their luncheons outdoors on Saturdays. There is nothing so wonderful as the adventure of playing "camping out" in the spring, summer, or late fall; of playing "Crossing the Delaware" or "When Liza crossed the Ice" when the brooks are covered in the winter. During the warm weather the family can frequently eat outdoors, on the piazza, roof, in the backyard, or a near-by park.

A delightful way for a city woman to entertain her city friends in the summer is by means of a picnic lunch in the park, because it is a novelty, and because, after all, everyone loves the out-of-doors.

Piazza Meals

Choose simple foods that need little cooking. For the hot dish something that can be easily kept warm, as casserole or shirred eggs. Use a wheel-tray, taking out all articles for the table setting at one time. A second trip with the wheel-tray takes out the foods; use the wheel-tray to clear the dishes away.

A second method is to provide each person with a tray, letting each take out his own meal, which can be served from the kitchen. Water, butter, salt, pepper, bread, and sugar should be on the piazza dining table.

Box Luncheons

These are often carried by children on their Saturday adventures or for picnics. (For suggestions, see the School Lunch Box in the section on Science of Menu-Building. In preparing box luncheons for adults, consult Lunch-Box Meals for the Worker, in the same chapter.)

Box Luncheons for Certain Foods to Be Cooked

Scouts, Campfire Girls, and grown-ups on hikes even, like to cook part of the luncheon. Supply plenty of substantial sandwiches, fruit, and a sweet, and include in the lunch box bacon to be broiled on sticks, eggs to be boiled or roasted in the ashes, apples or potatoes to be baked, marshmallows to be toasted, coffee or tea to be made.

Woodcraft or Scout Meals

These are always prepared over an open fire. The menu includes anything that can be cooked on a stick. No utensils are carried except a coffee pot, and all foods are eaten with the fingers.

Suitable foods to carry are bacon, corn, steak, apples, or potatoes or materials for a brigand steak. This is prepared as follows:

A sharp-pointed stick is selected, long enough so that the person using it will be at sufficient distance from the fire. On the end put a thin slice of steak, a slice of onion, a slice of bacon, brochette style, cook and eat between slices of bread. A marshmallow roast may act as dessert.

Bacon or Frankfurt Bats

Prepare as for box luncheons foods to be partially prepared including bacon or frankfurters to be toasted or broiled on pointed sticks over the open fire as described in cooking brigand steak sandwiches; eat between slices of plain or toasted bread or long rolls.

Beach Meals

Perhaps the best outdoor fun for a picnic is the so-called clam bake.

There are two general ways of cooking clams for a clam bake. The oldest and best-known method is by baking. Use soft clams when possible. After they have been dug, wash by leaving them in a stream a few hours or overnight. If this is not possible, brush the clams well and then soak in water to remove all possible sand and mud held in the shell. To bake, have a large hole in the ground, dug so that the fire may get a good draft. Line the hole with stones to prevent dirt falling in.

Let the fire burn, hot, for half an hour, then cover with a thin layer of seaweed or leaves and place the clams, still in the shells, on the seaweed.

For the rest of the menu, cook corn on the cob and sweet potatoes with another vegetable if desired, such as tomatoes.

Leave the husks on the corn and put on the fire in a layer over the clams so that it may steam thoroughly while the clams are cooking.

Put the sweet potatoes in a convenient place on the embers. Turn frequently so as not to burn the skins too deeply.

When the clams are done the shells will open. The corn and sweet potatoes will be done if they are put in the fire fifteen minutes before the clams and corn.

The second way of cooking clams for a clam bake is easier and perhaps better.

Hang a large pot, about two-thirds full of clams and one-third full of water, over the fire; place seaweed over the clams and corn in the husks in the top of the pot. In this case, as in baking, the clams are done when the shells open. The resulting clam bouillon may be served as a first course.

Pickles or some other relish should accompany the clams. A good clam sauce may be made of melted butter diluted with catchup and just enough vinegar to make it tart.

Automobile Luncheons

These may be easily packed in ready-made kits obtained at almost any price, or in a suitcase partitioned off at home for the purpose. All dishes should be of paper, folding knives,

spoons, and forks may be carried. The points to be considered in planning the menu are to select foods that may be easily transported and to balance the meal.

A course meal may be provided if desired, soup carried in a hot-cold bottle. Meat loaf, fried chicken, broiled chicken, sliced roast beef or ham may act as the main course, or a meat or egg salad may take its place, lettuce being carried separately.

If desired, a substantial course may be made of sandwiches. (For suggestions see chapter on Sandwiches.) The dessert may consist of fruit and any cake or pie that is not sticky. Or use cookies, gingerbread, plain or jelly doughnuts.

Menus for Informal Outdoor Meals

Park, Roof or Piazza

I

Cold Broiled Chicken Potato Salad
Pickles Bread-and-Butter Sandwiches
Apple Pie and Cheese
Coffee

II

Sliced Meat Loaf Potato Chips
Sliced Tomatoes
Nut Bread Sandwiches
Jelly Doughnuts Peaches Tea

III

Boston Baked Beans Buttered Brown-Bread Sandwiches
Tomato-and-Lettuce Salad
Peach Ice Cream
Coffee

CHAPTER XLIII

FEEDING THE SICK

(All measurements are level)

THE most anticipated events in an invalid's day are the meals. No matter what the disease, it is safe to conjecture that during convalescence the stomach and digestive organs are in a weakened and relaxed condition, and therefore unable to care for a large quantity of food at any one time. Because of this it is more satisfactory to serve five meals a day, consisting of three meals and two lunches in small amounts, rather than three heavier meals. The digestive juices then have time to perform their work, and before the patient feels faint from hunger owing to an empty stomach the next meal is served.

During convalescence from any acute disease, like typhoid, the doctor dictates the diet from day to day, and the nurse is relieved of all responsibility except adequate cookery and dainty serving—no small items, by the way. But during convalescence from any wasting disease like pneumonia, he will be very liable to use the hospital term, stating vaguely to the nurse, "Just light diet for a few days."

If a trained nurse is in attendance, she will understand that it means the broths of the liquid diet supplemented with eggs in digestible form, oysters, toast, well-cooked cereals, certain fruit juices, milk-and-egg puddings, gelatines, milk, cocoa, and koumiss, with an occasional baked potato. After a day or so this may be increased to a balanced diet (see Balanced Ration Table) by digestible meats, broiled squab or chicken, chops and scraped beef balls or tender steak, with the addition of vitamine and certain green vegetables, as the digestive organs resume their normal activity, until, led on by a wise selection of foods, the convalescent will be back on a "full diet"—to use the technical term—and ready to resume again the duties of everyday living.

When the patient begins to eat, the value of medicines lessen, and the doctor's responsibility wanes, and the rebuilding of the body lies in the food that is ingested—the responsibility being shifted, therefore, to the cook. While the tongue is still coated and the whole system is relaxed, the appetite lags and it is a difficult matter to induce the convalescent to eat; only the most perfectly prepared foods should be served, seasoned to taste, piping hot, and served in dainty dishes. All high seasonings should be avoided, but a judicious amount of salt with a suspicion of pepper will make any dish palatable. In so far as possible, individual dishes should be used for serving, such as a ramekin for baked eggs and a bouillon cup or "petite marmite" (a covered individual casserole) for soups. The old-fashioned white porringer is delightful for milk toast. All drinks like tea, coffee, or cocoa should be served in individual pots, with individual creamer and sugar bowl, and custards or other desserts should be moulded in attractive shapes.

The Serving Dishes

Dishes suitable for use on an invalid's tray can be obtained at little expense, small creamers and sugar bowls ranging from twenty-five cents up, "petite marmites" costing anywhere from fifteen cents up to seventy-five, and ramekins from ten cents up. A dainty white-enamelled tray with attractive dishes is a gift that any invalid will enjoy, while a little tray with individual teapot, cup, saucer, and plate may be used for the morning or afternoon luncheon. A silver cover to fit over a plate will assist in keeping food hot, although an inverted soup plate answers the purpose.

Setting the Tray

When a cup of liquid is to be served, the cup should never be more than three-quarters full, and the saucer should be placed over it to incase the heat. Toast should be cut in strips, baked potatoes opened, seasoned, and replaced in the shell, meat cut in bits, and all things possible done to assist the patient in eating. The tray should be covered with a napkin or hemmed cloth that fits, for if it is fringed, or hangs over the edge, it is liable to catch, and the whole contents slide upon the floor. The silver should be placed in the

order of use, the napkin at the left, the glass at the tip of the knife and the bread-and-butter plate at the tip of the fork as in regular table setting. The cup and saucer, creamer, sugar bowl, and teapot belong in the upper left-hand corner, and the balance of the dishes should be arranged for convenience in use. The ideal way to serve a convalescent's meal is in courses, but in case this is not feasible the whole meal, excepting the dessert, may be arranged upon the tray at one time, provided it is large enough.

Introducing Surprises

The element of surprise often helps a poor appetite, and a fresh flower, a note from a dear friend, or an especial dainty will often take the patient's mind from herself to such an extent that the whole meal is eaten! This is especially true of children. Oftentimes the telling of a story will assist the appetite, a little paper wigwam placed over the scraped beef ball suggesting an Indian story; or a new doll's parasol, concealing the egg, reminding the nurse of Japan!

Cookies may be cut in animal shapes, eggs served in a nest, endless devices occurring to the imaginative caretaker who loves and understands children. The old way of whipping the egg white light, piling it upon the toast, carefully dropping the yolk in a depression in the centre and baking for a few minutes, never fails to interest children if accompanied by the tale of an egg in a nest; while a glass of milk served with two straws "like the soda fountain" becomes a great treat.

It seems unnecessary to add that the patient should never be asked what he desires to eat. In case some wish is expressed, it should be gratified whenever possible; but the meal should remain a constant surprise. The indispensable egg may appear in many ways—poached, baked, shirred, in the shell, scrambled, or coddled—all digestible and furnishing variety. Fried eggs or omelets should not be served unless the digestive organs are in fine condition, as they are cooked in fat and are therefore indigestible. Eggs may be introduced in combination with other foods, thereby making them less obvious to the patient. In cocoa or coffee, lemonade or cream soups they are quite as efficacious, while a baked custard, containing both eggs and milk, furnishes even greater nourishment than eggs alone.

Oysters, although one of the most digestible foods, should not be served raw because of the danger of typhoid inoculation but heated in olive oil or butter until the edges curl and served on toast they are delicious, while in an oyster stew made entirely of milk, creamed, or baked in the shell they offer a welcome change. When fresh fruit is not well borne, cooked fruit may often be substituted. In case figs, dates, or prunes are provided they should be soaked all night, and either steamed or baked in the same water till tender, very little sugar being used for sweetening. If they are not well borne, sift the pulp, discarding the tougher skin.

For the morning and afternoon luncheons various foods may be served, according to the season. In the cooler months a broth or light soup, with whipped cream or a beaten egg, and toasted crackers are usually enjoyed. A cup of cocoa (not chocolate), with or without a beaten egg which resembles the hot chocolate eggnog of the "soda man," is welcome, while a cup of grapejuice heated with two cloves and a bit of stick cinnamon and accompanied by a little stale sponge cake, a rusk, or a toasted bun is delicious. For warmer weather there is the whole gamut of drinks: lemonade, grape or orange juice, either plain, combined wth a beaten egg or with vichy, koumiss, iced cocoa, or malted milk, or an eggnog offering variety (see section on Beverages). Junket ice cream, frozen in a baking-powder can, forms a digestible luncheon for a hot day, while any of the custards, sherbets, water ices, or simple gelatine accompanied with thin bread-and-butter sandwiches will give nourishment and refreshment at the same time.

In no case should the impression be given that left-overs are being served, and for this reason it is more satisfactory to cook the invalid's meals separately, using individual quantities. A few recipes of various foods mentioned in this article are appended for this purpose.

(For special diets in cases of anæmia, obesity, constipation, auto-intoxication, pregnancy, and maternity, see section on Science of Menu Building.)

Liquid Diet

(For recipes for dishes suitable for liquid diet, see sections on Soups and Beverages.)

Light or Convalescent Diet

Suggestive dishes are: toast, milk toast, rusks, well-cooked cereals, cereals cooked in milk, cream soups, shirred eggs, eggs shirred in cream, poached eggs, poached eggs in milk, scrambled eggs, omelets, jelly omelets, tomato omelet, coddled eggs, steamed green vegetables, malted-milk drinks, cocoa and its variations, fruit drinks, custards, and other desserts calling for milk and eggs.

Broiled meats or fish and panned oysters may be used.

Escalloped fruit, baked apples, macédoine of fruit, baked potatoes, creamed potatoes, fruit juices, especially prepared vitamine rich foods, frozen custards, water ices, sherbets and frappés, sponge cake, ginger cookies, whole-grain breads, etc.

Remember that the principle in planning a light diet is the same as the balanced ration: each food constituent must be represented, as otherwise the body will not be evenly nourished.

A sample day of menus might be:

Breakfast

Baked Apple
Poached Egg on Milk Toast
Coffee or Tea for Adults (if allowed)

Dinner

Clear Stock Soup or Chicken Soup with Noodles
Broiled Lamb Chop Baked Potato
Spinach and Entire-Wheat Bread-and-Butter Sandwich
Celery Hearts
Orange Gelatine with Custard Sauce
A Half Cupful Coffee for an Adult (if allowed)

Supper

Cream-of-Celery Soup
Hot Buttered Entire-Wheat Toast
Sliced Oranges Sponge Cake
Tea for Adults (if allowed)

Recipes for any of the dishes mentioned in this section will be found in the corresponding sections of this book.

(For instructions on how to use these recipes in preparing small quantities, see section on Weights and Measurements.)

In making up half a recipe, three servings will result. In many cases a third of a recipe may be prepared with two resulting portions.

Food will keep to advantage for twenty-four to forty-eight hours if placed in covered glass jars in the icebox. Such foods are: Cereals, broths, soft custards, cooked fruits, and certain vegetables; spinach or stewed celery, cream soups, etc.

SMALL-PORTION RECIPES

Orange Eggnog

2 tablespoonfuls syrup stock
Juice of one orange
½ cupful cold water
1 egg
1 teaspoonful lemon juice

Mix together the syrup stock, orange and lemon juice. Separate the egg, beat the yolk light, and combine, adding water. Pour on to the stiffly beaten egg white, beat well, and serve at once in a tall glass.

To make the syrup stock for sweetening acid drinks, boil together two cupfuls of sugar and one cupful of water for five minutes, using as needed.

Grapejuice and Egg

1 egg
½ cupful rich milk
1 tablespoonful simple syrup
¼ cupful grapejuice

Separate the egg; beat the yolk light and add the milk, the syrup, and the grapejuice, and pour into a glass. To the beaten white add a little powdered sugar and a taste of grapejuice. Serve on the yolk mixture. Chill all the ingredients before using.

Oyster Stew

¾ cupful rich milk
6 oysters
¼ cupful hot water
1 teaspoonful butter
Salt and pepper

Wash the oysters, discard the liquor, and steam over hot water till the edges are curled. Scald the milk, add to it the butter, pour in the steamed oysters and the liquor, season, and serve with hot toasted crackers.

Scraped Beef Balls

½ pound round steak
1 toast round

Wipe the steak with a damp cloth. Place it on a plate and scrape up the meat fibre by means of a broad-bladed case-knife. Form the pulp into little balls and lightly broil in a heated pan, rolling them about until slightly browned. Salt lightly and serve on a hot buttered bit of toast. Do not oil or grease the frying pan.

Junket Ice Cream

½ cupful cream
½ cupful milk
2½ tablespoonfuls sugar
½ junket tablet
2 teaspoonfuls cold water
⅔ teaspoonful vanilla

Heat the milk until lukewarm. Add the sugar and vanilla, then the junket tablet, which has been dissolved in cold water. Add the cream and when cold beat thoroughly, turn into a baking-powder can, and freeze in three parts of ice to one of salt by turning the can and occasionally scraping down the ice cream as it stiffens and adheres.

Graham Cracker Custard

1½ cupfuls scalded milk
3 crumbled graham crackers
2 eggs
2 tablespoonfuls sugar
Pinch of salt
10 drops vanilla extract

Add the crackers to the milk before scalding. Beat the eggs, sugar, salt, and vanilla, and pour the scalded crackers and milk over these. Beat until smooth, turn into oiled individual custard cups, set in a pan of hot water, and bake about thirty minutes in a very moderate oven—not over 350 degrees F. Test by inserting a silver knife into the centre of the custard—if the knife comes out perfectly clean the custard is done, if the blade appears milky cook the custard a few minutes longer.

Tapioca Cooked in Milk

1½ cupfuls milk
½ cupful quick-cooking tapioca
⅓ teaspoonful salt

Scald the milk in a double boiler, then gradually stir in the tapioca and salt and stir over the hot water until the mixture thickens. Cook until absolutely clear—from twenty to twenty-five minutes—and serve as any cereal. This is particularly digestible and is much liked, especially by young children.

Buttermilk Sherbet

1½ cupfuls buttermilk
Juice of 1 lemon
⅓ cupful grated, canned pineapple
½ cupful sugar

Dissolve the sugar in the buttermilk; add the other ingredients, and freeze in three parts of ice to one of salt.

Buttermilk Jelly

1½ cupfuls buttermilk
1 tablespoonful granulated gelatine
1 tablespoonful cold water
Juice of 1 orange
Juice of 1 lemon
⅓ cupful sugar, scant

Let the gelatine stand in the cold water for five minutes, then dissolve it over hot water and add the fruit juices. In the meantime, dissolve the sugar in the buttermilk, combine the two mixtures, and chill.

Puffed Eggs

2 eggs
½ teaspoonful salt
Dash of paprika

Separate the whites from the yolks of the eggs, keeping each yolk separate. Add the salt to the whites and whip them until stiff. Oil individual custard cups or ramekins, half fill with the beaten white of egg, cover, and steam for three minutes by which time the whites should have begun to puff. Drop a yolk into the centre of each, add a dash of paprika, and steam until the yolks are set. Serve immediately.

Frozen Broths

These are particularly good in fever cases.

To prepare, put the cold broth or bouillon in a jar, cover closely, and bury in equal parts of salt and ice for four hours.

Frozen Fruit Juice

These may also be used in fever cases. (See section on Foods that Begin a Meal.)

CHAPTER XLIV

FROM OUR FOREIGN NEIGHBOURS

(All measurements are level)

THERE is no reason why we should not serve in perfection in our own homes some of the delicious foreign dishes which we have either tasted when abroad or in some of the foreign restaurants in our cities. I do not necessarily mean the flamboyant, much-advertised, high-priced restaurants, but those in the nooks and corners of the foreign quarters where the people still live in some measure as in their own lands, where, while absorbing much that is American they still retain the best that is Continental or Oriental as the case may be.

One of the reasons for the deliciousness of foreign dishes is that plenty of time is allowed for their cooking. We as a nation are continually in a hurry, but the people of older lands have learned in food as in all else to make haste slowly.

The foreign housekeeper spends much time in the preparation of her food, she utilizes the cheaper foods to the best advantage because she knows how to season and flavour each according to its own particular requirements, and quite often the foods which we most enjoy in these foreign restaurants are those made of the cheaper meats, the cheaper vegetables, the cheaper cereals, while the flavourings are blended to produce the best results—not one strong flavour permeating everything, but a pinch of this and a touch of that cooked together to give that subtle flavourful taste which can be obtained in no other way.

The following section contains a few of the more popular foreign dishes—in some instances, perhaps, Americanized a little so as to make it possible for us to prepare them—dishes which should meet with favour by way of varying our menus and which we can make just as well as the strangers on our

shores provided we lavish upon their making equal care, thought, and love.

FLEMISH

Flemish Stuffed Cucumbers

6 medium-sized cucumbers
⅔ cupful minced cooked meat
⅔ cupful boiled rice
1 tablespoonful minced parsley
1 tablespoonful minced onion
1½ cupfuls stock
1 tablespoonful minced celery
1 teaspoonful salt
¼ teaspoonful pepper
Dash of ground mace
1 egg
1 cupful sifted stewed tomato

Peel the cucumbers and parboil them for five minutes in water to which a tablespoonful of vinegar has been added to each quart of water. Drain and with an apple corer or sharp knife remove the cucumber seeds and centre pulp. Blend the meat, rice, and seasonings, bind with the egg, and use this mixture to stuff the hollows from which the cucumber pulp was removed. Lay them in a buttered baking dish, pour in the stock, cover the dish, and bake for half an hour in a moderate oven—350–375 degrees F. Drain and keep hot while the stock to which the tomato should be added is boiled down until quite thick. Pour this over and around the cucumbers and garnish with parsley.

MORAVIAN

Moravian Sugar Cakes

1½ cupfuls milk scalded and cooled
¾ cupful granulated sugar
½ cupful butter
2 eggs
About 3 cupfuls flour
½ teaspoonful salt
¼ teaspoonful grated nutmeg
1 yeast cake
Melted butter
Brown sugar
Cinnamon

Soften the yeast cake in one-half cupful of the milk, then add to the remaining milk into which the sugar and shortening were put while the milk was scalding hot. Beat and add the eggs, then the flour, salt, and nutmeg sifted together—the dough should be stirred with a mixing spoon but not be stiff enough to be kneaded. Mix thoroughly, cover, and set aside in a warm place until very light—about four hours. Turn on to a floured board, roll three quarters of an inch

thick, cut into squares, lay these on an oiled baking sheet, cover, and again set aside to rise until doubled in bulk—about one hour. Brush over with melted butter, sprinkle with brown sugar and cinnamon, and bake in a moderate oven—350–375 degrees F.—about twenty to twenty-five minutes.

GRECIAN

Soupa Fakais

5 cupfuls cold water
2 cupfuls lentils
1 medium-sized diced onion
1 tablespoonful stewed sifted tomato
2 tablespoonfuls salad oil
1½ teaspoonful salt
2 bay leaves
½ teaspoonful rosemary (sage)

Place the first three ingredients in a saucepan and bring slowly to boiling point; then add the tomato and salad oil and continue boiling, stirring occasionally to prevent the lentils from adhering to the bottom of the pan. When the lentils have become soft and the stock is beginning to grow quite rich, add the salt, bay leaves, and sage, allow to simmer for a few moments longer, then remove from the heat and serve immediately, having squeezed into the soup a few drops of lemon juice.

CHINESE

Chop Suey

2 pounds lean pork
Sprouts from 1 cupful of dried beans
2 heads celery
Salt and pepper
1 large onion
1 tablespoonful Worcestershire sauce

Cut the pork into cubes, season with salt and pepper, dredge with flour, and fry in hot pork fat until brown. Have ready the young bean sprouts that have been prepared as follows:

Place the beans in a shallow pan and sprinkle two or three times a day with lukewarm water. Keep in a warm room until the beans germinate. When the sprouts are about three inches high, clip off with the scissors. After thoroughly washing the bean sprouts and the celery, cut them into inch-long pieces and add to the minced onion. Put the pork and vegetables together in a soup kettle, cover with boiling water, and

simmer on the back of the stove until tender. Just before serving add the Worcestershire sauce. Serve very hot in shallow oval-shaped dishes of Oriental china with boiled rice and black tea.

DUTCH

Stuffed Noodle Rolls

1 egg
2 tablespoonfuls water
¼ teaspoonful salt
Sifted flour
½ pound cooked sausage meat
3 tablespoonfuls bread crumbs
A few drops onion juice
⅛ teaspoonful pepper

Beat the egg slightly with the water, add the salt and flour to make a stiff dough—about one and one-third cupfuls. Roll out very thinly on a floured board or cloth, cut into six-inch squares and spread each with a spoonful of the sausage meat with which the bread crumbs, onion juice, and pepper have been mixed. Roll up like a jelly roll, pinch the ends together so that they will not come apart, and cook fifteen minutes in boiling gravy or soup stock which can be poured over them as a sauce for serving. Sprinkle finely minced parsley over the rolls in the serving dish.

Dutch Beets

6 freshly boiled beets
2 tablespoonfuls butter
1 tablespoonful flour
1 cupful boiling water
1 tablespoonful sugar
2 teaspoonfuls minced onion
2 tablespoonfuls vinegar
¼ teaspoonful salt
⅛ teaspoonful pepper

Peel and slice the beets rather thickly. Melt the butter, add the flour and stir until smooth, then pour in the boiling water, and when boiling, add the sugar, onion, vinegar, salt, and pepper. Turn the beets into this sauce and let them stand in a warm part of the stove where they will keep hot without actually boiling for ten minutes, then serve.

ITALIAN

Ravioli

3 cupfuls flour
½ teaspoonful salt
3 eggs
1 cupful ham or chicken
3 tablespoonfuls bread crumbs
⅛ teaspoonful pepper
1 teaspoonful minced parsley
Grated cheese

Sift the flour with the salt, make a hollow in the centre, break in the eggs and work very thoroughly into the flour to form a paste, kneading until the paste is absolutely smooth. Roll out as thinly as possible and lay it aside to dry for one hour. Meanwhile, mince the ham or chicken, add the bread crumbs, pepper, and minced parsley (if chicken is used add also a few grains of salt), moisten with just enough egg, milk, or stock to bind. Cut the ravioli dough into rounds with a large biscuit cutter, put a small portion of the filling on to each, brush the edges with milk or beaten egg, and fold the pastry over the filling like turnovers. Ravioli may be either boiled or fried. If boiled, drop them into boiling, well-salted water and when sufficiently cooked they will rise to the surface; then drain, sprinkle with grated cheese, and serve with tomato sauce. If fried, cook as for croquettes, drain thoroughly and pass the tomato sauce and grated cheese in separate dishes.

Polenta

¾ cupful yellow cornmeal
1 pint boiling salted water
1½ cupfuls tomato sauce
1 cupful grated cheese
1 minced green pepper (optional)

Sprinkle the cornmeal into the water and cook for twenty minutes, stirring occasionally, then turn into a mould or bowl which has been dipped into cold water and set aside to cool, after which cut it into thick slices. Lay one of these in a deep baking dish, sprinkle with grated cheese, then pour three or four tablespoonfuls of the tomato sauce over, add another slice of the cornmeal, and proceed in this way until all of the ingredients are used. If the green pepper is used stir it into the tomato sauce. Bake in a moderate oven—350–375 degrees F.—about twenty minutes, and serve very hot.

Italian Bean Soup or Minestrone

1 cupful dried beans
1 tablespoonful minced onion
1 clove garlic
1 sprig parsley
1 stalk celery
¼ cupful olive oil or vegetable fat
½ teaspoonful salt
⅛ teaspoonful pepper
1 cupful tomato pulp (canned or fresh)
1 cupful coarsely chopped cabbage
1 cupful cooked macaroni or rice

Soak the beans overnight in cold water. In the morning drain, add five cupfuls of fresh cold water and simmer until tender, adding more water as it boils away. Chop the onion fine and mince the garlic, chop the parsley and the celery and cook all of these golden brown in the oil or vegetable fat. Add the salt, pepper, tomato pulp, and the cabbage, bring to boiling point and add this mixture to the beans when these are tender together with the macaroni or rice. Simmer half an hour longer. Serve with plenty of grated Parmesan cheese.

RUSSIAN

Russian Savoury Ham

8 thin slices cold boiled ham
Juice of 2 lemons
2 teaspoonfuls Worcestershire sauce
2 teaspoonfuls sugar
1 teaspoonful dry mustard
$\frac{1}{6}$ teaspoonful curry powder
$\frac{1}{4}$ teaspoonful paprika
2 tablespoonfuls chopped parsley
$\frac{1}{2}$ minced green pepper

Blend all the seasonings thoroughly together. Lay a slice of ham in a deep plate, put a spoonful of the seasoning on it, then another slice of ham, and continue in this way until all ingredients are used. Set aside for two hours to marinate, occasionally basting the ham with the liquor in the plate. Broil gently until crisp. Heat what remains of the seasoning and pour it hissing hot over the ham. Serve with whole-wheat bread which is the best substitute we have for the black bread of the Russians.

Russian Cabbage

1 firm head cabbage
1 tablespoonful sugar
$\frac{1}{4}$ teaspoonful pepper
$1\frac{1}{2}$ cupfuls skimmed milk
Buttered crumbs

Cut the cabbage crosswise into ribbon-like strips and cook it for twenty minutes in boiling salted water. Drain very thoroughly, return it to the saucepan, add the skimmed milk and sugar, and simmer for ten minutes longer. Season with the pepper and sprinkle generously with crisp buttered crumbs.

TURKISH

Turkish Fig Fritters

2 eggs
1 cupful milk
1 tablespoonful melted butter
1½ cupfuls flour
½ teaspoonful salt
⅙ teaspoonful each powdered nutmeg and cinnamon
1 teaspoonful baking powder
1 cupful chopped figs
½ cupful boiled rice

Beat the yolks of the eggs slightly, add the milk, then the melted butter, and the flour, salt, spices, and baking powder sifted together. Next add the chopped figs and rice, and last of all, fold in gently the egg whites beaten until stiff. Sauté in butter or vegetable oil and serve plain or with a sweet sauce.

Honey Omelet

4 eggs
4 tablespoonfuls water
⅓ teaspoonful salt
1 tablespoonful butter or vegetable oil
½ cupful heated honey

Beat the egg yolks and whites separately, the yolks until thick, the whites until very light and frothy. Add the water and salt to the yolks and beat again. Fold in the whites and cook as an ordinary omelet, having the butter or vegetable oil thoroughly heated in the omelet pan. Serve immediately, pouring the honey over the omelet just as it is sent to table.

HUNGARIAN

Hungarian Goulash

1 pound lean beef
1 pound lean veal
3 tablespoonfuls drippings
1 large onion, diced
1 teaspoonful salt
1 teaspoonful paprika
1 cupful strained tomato
8 small potatoes

Cut the meat into large dice and brown it with the onion in the drippings. When the meat is browned, add the tomato, salt, and paprika and cook very slowly for one hour, keeping the pan closely covered. At the end of half an hour add the potatoes and if necessary a little additional tomato.

Hungarian Fricasseed Potatoes

1 small onion
2 tablespoonfuls butter
½ teaspoonful salt
¼ teaspoonful paprika
3 cupfuls diced potatoes
1 cupful boiling stock or water
Minced parsley

Slice the onion very thinly and fry it golden brown in the butter. Add the salt, paprika, potatoes, and stock and simmer until the stock has boiled away. Add one additional tablespoonful of butter, let the potatoes cook three minutes longer in this, then turn out on to a hot platter and sprinkle with minced parsley.

SPANISH AND MEXICAN

Huevos (Spanish Eggs)

6 eggs
2 tablespoonfuls minced onion
2 tablespoonfuls minced green pepper
½ cupful chopped fresh tomatoes
½ teaspoonful salt
⅛ teaspoonful cayenne
2 tablespoonfuls melted butter
Buttered toast
1 teaspoonful minced parsley

Cook the onion and green pepper in the melted butter for five minutes, add the tomatoes, salt, and cayenne, cover closely and set on the back of the stove where they will keep hot but not cook. Fry the eggs on both sides, lay each egg on a round of toast, and pour the hot sauce over it, garnishing with the minced parsley.

Mexican Chicken

1 small chicken
1 quart water
½ cupful minced raw ham
3 small onions
2 tablespoonfuls minced green pepper
1 teaspoonful salt
¼ teaspoonful pepper
1½ cupfuls rice
¼ teaspoonful powdered saffron
Strips of green and red sweet peppers
A few stuffed olives

Clean the chicken and cook it with the water, ham, onions, and minced green pepper until tender, seasoning when partly cooked with the salt and pepper. Remove the chicken from the liquor and cook the rice with the powdered saffron in the stock, adding a little more water if necessary to keep the rice from burning; it should, however, absorb practically all the liquor in the pan. Butter a mould and decorate it with strips of green and red sweet peppers (canned pimiento may be used) and stuffed olives. Cut the chicken into dice (there should be three cupfuls), mix it with the rice, and pack into the decorated mould. Bake in a moderately hot oven—

about 375 degrees F.—for fifteen minutes, then turn out and serve plain or with an egg sauce.

Dulce Cocada

1 large cocoanut, grated
4 eggs
1 cupful sugar
½ cupful light cream
1 cupful cocoanut milk

Remove the shell and brown skin from the cocoanut and grate the meat coarsely. Add the well-beaten eggs, the sugar, cream, and cocoanut milk, turn into an oiled baking dish (the Mexicans use a glazed earthenware vessel), and bake until set in a moderate oven—not over 350 degrees F. Serve very cold.

Rellenos (Fried Stuffed Peppers)

1½ cupfuls cooked veal
½ cupful cooked sausage meat or boiled ham
½ cupful seeded raisins
½ cupful blanched almonds
Tomato sauce
½ cupful veal stock
⅔ teaspoonful salt
¼ teaspoonful pepper
6 green peppers
1 egg
1½ tablespoonfuls flour

Pass the veal and sausage meat or ham through the food chopper, add the rasisins and the almonds, which should be coarsely chopped, season with the salt and pepper, and moisten with the stock. Parboil the peppers, remove the seeds and white connecting tissue, and rub off the outer skin. Slit down the side so that they lie flat, place a portion of the stuffing on each, roll up and either tie or fasten with small wooden toothpicks. Beat the egg, add the flour to it, dip each pepper into this mixture and sauté until brown in oil or other preferred frying fat. Serve hot with a rich tomato sauce.

HINDU

Fish Molé

2 tablespoonfuls butter
1 medium-sized sliced onion
1½ pounds firm fish
2 tablespoonfuls coarsely chopped almonds
2 chopped green peppers
1 cupful water
½ teaspoonful turmeric
1 teaspoonful salt
⅛ teaspoonful cayenne

Melt the butter and cook the onion in it for three minutes without browning. Next add the almonds, water, turmeric,

salt, cayenne, and peppers and simmer for five minutes. Cut the fish into pieces about one and one-half inches square, add it to the ingredients in the saucepan and simmer slowly until the fish is tender—about twenty to thirty minutes. Serve with boiled rice.

White Curry (Veal)

1½ pounds lean veal
1 small onion
3 tablespoonfuls butter
½ teaspoonful salt
1 tablespoonful curry powder
1½ cupfuls boiling water or white stock
½ cupful grated cocoanut
Juice of ½ lemon

Cut the veal into large dice, slice the onion thinly and cook it in the melted butter for five minutes without allowing it to brown; then add the salt and curry powder and stir all together. Pour the water or stock over the grated cocoanut, and when cool, strain and add it to the ingredients in the saucepan, stir until boiling, then simmer very slowly, closely covered, for three-quarters of an hour. Add the lemon juice and serve with an abundance of boiled rice.

Chicken Pilau

1 young chicken
⅓ cupful butter or margarine
1 dozen blanched almonds
½ cupful raisins
1 minced onion
1½ cupfuls rice
4 cupfuls boiling water or stock
About 1½ inches stick cinnamon
1 teaspoonful salt
⅛ teaspoonful cayenne

Truss the chicken and roast it in the ordinary way, the length of time depending on the size of the bird. Heat the butter and cook in it the almonds blanched and shredded, the raisins seeded and cut into halves, and the onion finely minced. When these are slightly browned, remove them from the butter and set aside to keep warm. In the same butter cook the rice until slightly browned; add the water or stock by degrees to the rice and cook with the cinnamon, salt, and cayenne until the rice is tender. Pile around the fowl, sprinkling the raisins, almonds, and onion over all.

It is best not to add all the stock to the rice at once as it should all be absorbed yet not be too wet when the cooking is completed.

JAPANESE

Japanese Rice Wafers

¼ cupful butter or a substitute
½ cupful powdered sugar
2 eggs
2 tablespoonfuls water
½ cupful rice flour
⅓ cupful flour
½ teaspoonful vanilla extract
¼ teaspoonful salt

Cream the butter and sugar together until very light, add the eggs, slightly beaten, then the water and vanilla, and last of all the flour, rice flour, and salt sifted together. Beat thoroughly. Drop a teaspoonful on to a hot slightly oiled wafer iron, close the iron, and immediately turn it over. Bake about one minute over a gentle heat, then remove the wafers with the blade of a knife and lay them on a rack to cool, or curl them around a stick. The iron will not need oiling after the first wafer is baked.

Japanese Fan-Tan

⅔ cupful rice
3 cupfuls milk
¼ teaspoonful salt
2 tablespoonfuls sugar
2 small eggs
¾ cupful candied fruit
Egg and cake crumbs
Butter or butter substitute for frying

Scald the milk, cook the rice in it until very tender, add the salt and sugar, and press through a sieve. Reheat and add the eggs, well-beaten, together with the candied fruit—cherries, apricots, pineapple, or pears—and turn into a shallow well-oiled pan to cool. Cut into finger lengths, dip each in egg, then in crushed cake crumbs, and fry golden brown in butter or butter substitute. Sprinkle with powdered sugar and serve hot.

FRENCH AND CREOLE DISHES

Baked Fish François

1 large mackerel or whitefish
1 teaspoonful salt
¼ teaspoonful curry powder
1 teaspoonful minced capers
2 tablespoonfuls butter or bacon drippings
¾ cupful stock
Buttered crumbs
2 tablespoonfuls chopped almonds or other nuts

Split the fish as for broiling and remove the backbone. Lay it on an oiled baking sheet and sprinkle with the salt, curry powder, capers, and nuts. Dot with the butter or ba-

con drippings and pour the stock around the fish. Bake in a moderate oven—350–375 degrees F.—for twenty minutes, basting occasionally with the stock; then sprinkle with the buttered crumbs and return to the oven to cook until the crumbs are crisp—about ten minutes. Transfer to a hot platter and garnish with minced parsley or watercress, sliced lemon, and radish roses.

Bouillabaisse

This Bouillabaisse a noble dish is,
A sort of soup, or broth, or stew,
Or hotchpotch of all sorts of fishes,
That Greenwich never could outdo.

—THACKERAY'S "Ballad of Bouillabaisse."

3 pounds of fish free from bone
⅔ cupful oil or melted shortening
1 dozen oysters or clams
1 cupful shrimps or lobster
1 cupful canned or fresh tomato
2 minced pimientos
3 cupfuls fish stock
1 carrot
2 teaspoonfuls salt
¼ teaspoonful paprika
3 onions
1 bay leaf
2 tablespoonfuls lemon juice
2 tablespoonfuls minced parsley
Toast

Heat the oil or melted shortening in a large heavy saucepan. Cut the carrot into dice, mince the onions, and cook them in the fat for five minutes. Add the fish, cut into small pieces, and the bay leaf and cook five minutes longer. Add the tomato and fish stock, cover, and simmer (do not boil) just until the fish is tender—about twenty minutes. Then add the oysters or clams, the shrimps or lobster, and the pimientos, together with the salt, paprika, and lemon juice. Heat thoroughly, place slices of toast in soup plates or in the soup tureen, ladle the Bouillabaisse over it, and sprinkle the minced parsley over all.

Creole Calas

⅔ cupful washed rice
2½ cupfuls boiling salted water
½ yeast cake
3 tablespoonfuls sugar
¾ cupful lukewarm water
1 cupful flour
2 eggs
Powdered sugar
Powdered cinnamon

Cook the rice in the boiling salted water until the rice is tender and the water all absorbed, press through a sieve, and

when cool, add the yeast cake which has been dissolved with the sugar in the lukewarm water. Add the flour, beat well, and set to rise overnight. In the morning, add the well-beaten eggs, working them in lightly, then drop by spoonfuls into hot frying fat—360 degrees—and cook until golden brown. Drain thoroughly, sprinkle with the sugar and cinnamon, and serve immediately.

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Ida Bailey Allen

AN APPRECIATION

OF THE

AMERICAN HOME ECONOMICS ASSOCIATION

AND ITS

JOURNAL OF HOME ECONOMICS

To its President, its Officers, its Advisory Board, its Editors, and *the women of America—*

Although home-making is a science that includes many other sciences, it was not until 1909—that it received full recognition. This came through the official adoption of the name, Home Economics, which originated with the Home Economics Association.

This little band of Association members who saw the home as it might be—has grown surprisingly. The magazine which they publish now has thousands of subscribers. Through the association members the very best methods of home-making are tested and worked out—and this home news is being distributed to schools and colleges—and to Home-Makers.

All honor to these Association founders, who dignified the housewife by the name "Home-Maker"—and who have welded the sciences used in the household into the Great Science of Home Economics.

All women, who love their homes and their progress should join the Association and subscribe to the Journal of Home Economics. A letter to the American Home Economics Association, Baltimore, Maryland, will bring full information.

Home-Making *is* the greatest art in the world. It is a privilege to write this appreciation of the women who are working to make homes better.

Ida Bailey Allen

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You can secure the "BALL BLUE BOOK" containing full instructions as well as valuable recipes for canning FRUITS, VEGETABLES, and MEATS or Ida Bailey Allen's new book "HOW TO USE THE FOODS YOU CAN" by sending 10c. for either book, or 20c. for the two books to

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IN THE achievement of fine flavor in foods, the Beech-Nut procedure is very simple. First are chosen only those fruits and nuts and meats in which Nature has done her very best work. Thus assured that the finest flavor has been *grown into* the raw material, it then becomes the task of the Beech-Nut experts to *bring it out.* The quality of Beech-Nut foods is a matter of common knowledge among the homemakers of the Nation, and surely there can be no more fitting place to recommend these foods than in the book of Mrs. Allen, who herself stands so firmly for high standards in the daily home diet

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In place of bottled milk use it diluted with an equal part of water.

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BREAD THE BREAKFAST FOOD
Certified or Merit—toasted, buttered, crumbled and served with rich milk, hot or cold.

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Certified or Merit in dainty sandwiches, as cinnamon toast or "thin bread and butter."

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Certified or Merit with butter, as the back-ground of the meal.

BREAD AT BED TIME
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BREAD THE BETWEEN MEAL SNACK
Certified or Merit, plain with butter, to energize and therefore rest the body.

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GOLDEN RULE WAY

IT IS a pleasure to have the Golden Rule Flavorings represented in the "Aristocracy of the Food World," knowing as I do from actual experience extending over many years, that they represent the absolute ultimate in Flavoring.

The Golden Rule House (The Citizens' Wholesale Supply Company, Columbus, O.) are manufacturers of a complete line of Pure Food Products of highest quality. Their flavorings are outstandingly good. They are absolutely pure—and so concentrated that a little goes a long way.

All varieties—vanilla, lemon, orange, almond, and the more unusual fruits as well as ginger, wintergreen, peppermint, and others.

Here is one of my best Golden Rule recipes.

Uncooked Marshmallow Icing

1 tablespoonful boiling water
About 1¼ cups confectioners' sugar
1 tablespoonful G R Marshmallow Creme
½ teaspoonful any Golden Rule Extract

Put water, extract, and marshmallow creme in a small bowl. Then stir gradually the confectioners' sugar which should be sifted, until stiff enough so that the icing will not run from a cake. Do not make it too stiff, but set it in a draft of air to harden.

IDA BAILEY ALLEN

Note: Golden Rule Pure Foods as a class are far superior to the commercial grades usually found in grocery stores. These unusually pure and wholesome products are distributed by direct factory representatives who call at the home, in person, for the housewife's order. For further information regarding Golden Rule Products and the company's sales policies,

address

THE CITIZENS' WHOLESALE SUPPLY CO.
COLUMBUS, OHIO

GOLD MEDAL

The All Purpose Flour

MRS. ALLEN SAYS:

"In this day of rush and hurry—and limited pantry space—the day of specialization when one allows great organizations to do their work—if they do it well—the Home-Maker must make the most interesting food for the meal—the high lights.

"Delicious sauces—the quickest of quick breads as one minute muffins and drop biscuits,—batter pudding, French pancakes, toothsome waffles and short cakes that do not need to be rolled, take only a minute and make the Man-of-the-House glad of the touch of loving hands."

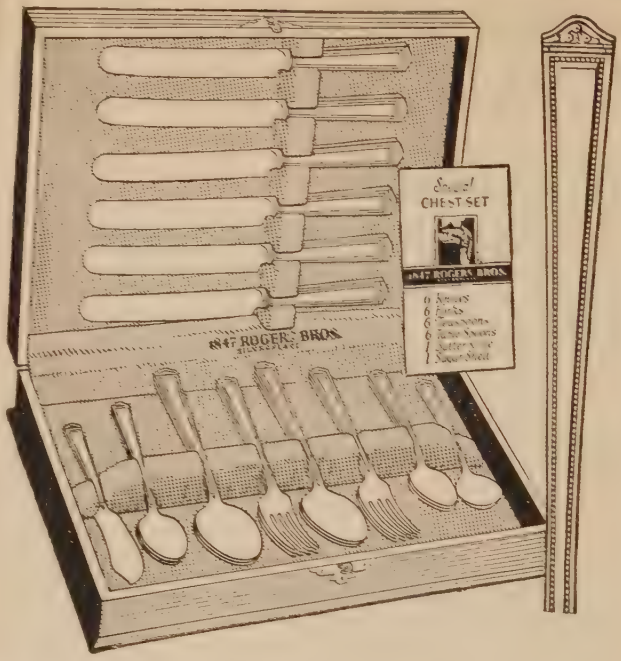
Gold Medal Batter Pudding Sift together two cupfuls of Gold Medal flour, one half teaspoonful of salt, one tablespoonful of sugar and four teaspoonfuls of baking powder. Add two tablespoonfuls of shortening. Rub it in with the finger tips and add milk to make a thick drop batter—a scant cupful. Butter custard cups, half fill them with stewed or canned fruit—any kind—drop one tablespoonful of the batter in each and steam or bake from twenty-five to thirty minutes. To serve, turn upside down and accompany with Gold Medal fruit sauce.

Gold Medal Fruit Sauce Heat one and one half cupfuls of the juice from canned or stewed fruit—any kind—add one tablespoonful lemon juice and a grating of lemon rind and sugar to taste—from one quarter to one half cupful. When boiling, thicken with one and one half tablespoonfuls of Gold Medal flour, creamed smooth with one tablespoonful of butter. Flavor further with nutmeg, if desired.

For further information write to

Washburn Crosby Company

Minneapolis, Minn.



How Much Silverware?

MRS. ALLEN tells the home-maker in section 3 of this book what silverware she needs and how to set the table.

She suggests the home-maker write to the International Silver Company, Meriden, Conn., for their booklet No. 1000-A giving the latest information on silverware and its uses.

"The Family Plate for 75 Years"

1847 ROGERS BROS.

SILVERPLATE

INTERNATIONAL SILVER CO.

A Page of Special Recipes
by Mrs. Knox

CHOCOLATE SPONGE PUDDING

½ envelope Knox Sparkling Gelatine
¼ cup cold water
¼ cup boiling water
1 teaspoonful vanilla
⅓ cup of sugar
3 eggs. Few grains salt
2 squares chocolate or 6 tablespoonfuls cocoa

Soak gelatine in cold water until soft, then dissolve in boiling water. Add cocoa or melted chocolate. Beat egg-whites until stiff and add well-beaten egg yolks gradually to the whites. Add sugar, then the dissolved gelatine, which has been beaten well. Beat and add flavoring. Pour into wet mold, chill and serve plain or with milk, whipped cream or whipped evaporated milk.

PRUNE ORIENTAL PUDDING

½ envelope Knox Sparkling Gelatine
¼ cup cold water
¼ cup scalded milk
½ cup sugar
Whites of two eggs
½ pint heavy cream or evaporated milk
⅓ cup milk
⅔ cup cooked prunes, cut in pieces
⅔ cup chopped figs

Soak gelatine in cold water five minutes, dissolve in scalded milk, and add sugar. Strain into a bowl, set in pan containing ice water, and stir constantly until mixture begins to thicken: then add whites of eggs, beaten until stiff, heavy cream, diluted with milk and beaten until stiff, prunes, and figs. Turn into a wet mold, the bottom and sides of which are garnished with halves of cooked prunes, and chill. Serve with or without whipped cream.

LEMON SPONGE OR SNOW PUDDING

½ envelope Knox Sparkling Gelatine
¼ cup cold water
1 cup boiling water
¾ cup sugar
¼ cup lemon juice
Whites of two eggs

Soak gelatine in cold water five minutes, dissolve in boiling water, add sugar, lemon juice, and grated rind of one lemon, strain and set aside; occasionally stir mixture, and when quite thick, beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Pile by spoonfuls on glass dish. Chill and serve with boiled custard. A very attractive dish may be prepared by coloring half the mixture red.

RICE MOLD WITH PINEAPPLE

½ envelope Knox Sparkling Gelatine
¼ cup cold water
½ cup scalded pineapple juice
½ cup sugar
Few grains salt
1 cup cooked rice
1 cup whipped cream
1 tablespoonful lemon juice

Soak gelatine in cold water ten minutes and dissolve by standing cup in hot water. Add pineapple juice, sugar, and salt to rice. Strain into this the gelatine, and mix thoroughly; cool slightly, and add whipped cream and lemon juice. Turn into mold lined with slices of canned pineapple. Chill, and serve with or without whipped cream. Other fruits may be used in place of pineapple.

PERFECTION SALAD

1 envelope Knox Sparkling Gelatine
½ cup cold water
½ cup mild vinegar
2 tablespoonfuls lemon juice
2 cups boiling water
½ cup sugar
1 teaspoonful salt
1 cup cabbage, finely shredded.
2 cups celery, cut in small pieces
2 pimentoes, cut in small pieces

Soak gelatine in cold water five minutes. Add vinegar, lemon juice, boiling water, sugar, and salt. Strain, and when mixture begins to stiffen, add remaining ingredients. Turn into mold, first dipped in cold water, and chill. Remove to bed of lettuce or endive. Garnish with mayonnaise dressing, or cut in cubes, and serve in cases made of red or green peppers, or turn into molds lined with canned pimentoes. NOTE. Use fruits instead of vegetables in the above and you have a delicious fruit salad.

Knox Sparkling Gelatine is used and endorsed by Ida Bailey Allen, and whenever a recipe in this book calls for "Gelatine" it means "KNOX."

We have some practical cook books and also a new book on the health value of gelatine. All three will be sent you Free if you mention this book.

KNOX SPARKLING GELATINE - - - - Johnstown, N. Y.

HEALTHFUL and DELICIOUS

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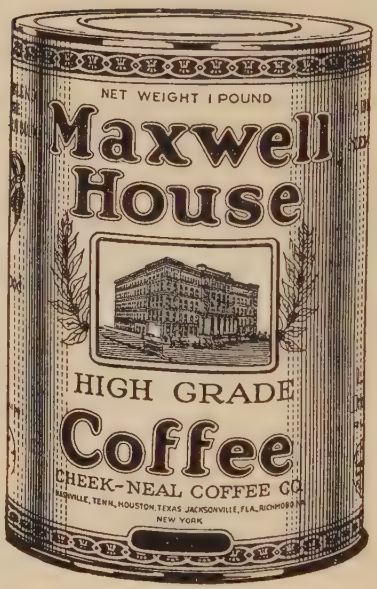

Only the finest coffees go into Maxwell House and they are carefully cleaned, roasted, blended and packed.

"Good to the last drop"

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CHEEK-NEAL COFFEE CO.
NASHVILLE-HOUSTON-JACKSONVILLE-RICHMOND-NEW YORK

"Good to the last drop"

IDA BAILEY ALLEN

Uses

MAZOLA

IT will interest every housewife to know that Mrs. Allen reserved this page for Mazola, because, as she wrote, "I believe in your product, your integrity, and your name and feel that women, the country over, should know more about you."

And your having this book shows that you recognize Mrs. Allen's ability for cooking—and trust her expert judgment.

MAZOLA is 100% pure vegetable oil, pressed from hearts of full ripened corn kernels.

For all shortening, follow your usual recipe, using ¼ to ⅓ less Mazola than called for of butter or other fats.

For frying, Mazola is always ready for use, and Mazola-fried foods are never grease-soaked and indigestible. Merely strain Mazola after frying and use it over and over again for other uses.

FOR salads, Mazola is preferred by many to the best imported oils and, of couse, it costs much less.

Mazola is sold by all grocers in pint, quart, half gallon and gallon sizes.

A PAGE OF UNUSUAL RECIPES

New ways of using tapioca—a food high in calories and easily digested.

Maple Flavor Tapioca

[SIX PORTIONS]

3 cups hot water
½ cup Minute Tapioca
1¼ cups dark brown sugar
½ teaspoon salt
Vanilla

Cook the Minute Tapioca, brown sugar and salt 15 minutes in the hot water in a double boiler, stirring frequently.

Remove from fire and flavor with vanilla.

Serve cold with cream.

Tapioca for Thickening Pies

A tablespoon of Minute Tapioca is excellent for thickening rhubarb, apple and berry pies. Prevents running out. Scatter it over the fruit or berries in place of flour. It does not lump and it improves the flavor.

Escalloped Tapioca

[SIX PORTIONS]

¾ cup hot milk
½ cup hot water
3 level tablespoons Minute Tapioca
¾ cup cooked fish or meat
1 egg
Salt and pepper
¼ cup bread or cracker crumbs
1 tablespoon butter

Heat the milk and water in a double boiler, add the Minute Tapioca and cook 10 minutes. Add the chopped fish or meat and cook 5 minutes more.

While this is cooking, beat the white of egg until stiff, add the yoke and beat again, then add it to the tapioca and season to taste.

Remove from fire and put into a well-buttered baking dish, cover with bread or cracker crumbs and bits of butter and bake until brown, about 40 or 50 minutes. Serve hot.

If not convenient to bake, add 1 level tablespoon more of Minute Tapioca and cook in the double boiler only. This recipe is especially good with tuna fish or left-over ham.

Tapioca for Thickening Gravies

Any gravy is improved by using 2 level tablespoons of Minute Tapioca for each pint of liquid in place of flour. Boil until clear, stirring as needed. Season to taste. It does not lump and requires no straining.

There are many other recipes of especial value and helpfulness in the cook book published by the manufacturers of Minute Tapioca. It is sent free of charge to those who ask for it.

Address your request to:

MINUTE TAPIOCA COMPANY,
19 Van Buren St. Orange, Massachusetts

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Not one use—but a variety

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Toast bread on one side, butter, lay on a slice of tomato, top with a slice of cheese and melt in the oven.

Relishes call for Phenix Pimiento Cream Cheese
Crush one cheese, add an equal quantity of chopped pecans, pile in little dishes and serve with crackers.

Soups and Escallops, certain salads and au gratin dishes call for Phenix Grated Cheese.
Meatless Meals may be deliciously built on any of the Phenix Club Cheeses made into a Fondue, Escallop or Souffle. Varieties: American, Pimiento, Swiss and Brick just the right size for sandwiches too.

"Philadelphia" Cream Cheese is perfect for dessert with tart jellies—currant, guava or Bar-le-Duc.

It's a Phenix Cheese

Phenix Roquefort served with quartered apples or pears is a substantial dessert.

The Phenix hard cheeses are perfect with macaroni, and spaghetti, and Phenix Edam is a wonderful salad accompaniment.

PHENIX CHEESE PUFFS

⅔ cupful diced Phenix Club American Cheese or 1 Phenix Tasty Cheese
¼ teaspoonful dry mustard
⅛ teaspoonful pepper
2 eggs
1 cupful flower
½ cupful milk
¼ teaspoonful salt
1 teaspoonful baking power

Sift together the flour, salt, pepper, mustard and baking powder. Mix to a batter with the eggs, slightly beaten, and the milk. Stir the diced cheese, beat well and drop by tablespoons into hot deep fat. Cook gently until golden brown, drain and serve plain or with a cheese or cream sauce. This serves six.

IDA BAILEY ALLEN

For suggestive cheese meals and further cheese recipes suited to "Phenix" see the cheese section of this book.

PHENIX CHEESE COMPANY
CHICAGO **NEW YORK**

101 Prize Recipes That Cost $7,550.00

is the title of a book which contains the best of the recipes submitted in the Grape-Nuts Recipe Contest. The first four (among which $2,500.00 in Special Awards was divided) are printed below:

Grape-Nuts Omelet California

½ cup Grape-Nuts
2 tablespoons butter or fat
2 tablespoons each chopped onion, green pepper and parsley
½ teaspoon salt
1 ½ cups cooked tomatoes
3 eggs
3 tablespoons water
¼ teaspoon pepper
½ teaspoon salt
1 tablespoon butter
4-6 tablespoons grated cheese

Melt the butter or cooking fat, in it cook the onion, pepper and parsley until softened, add salt and tomatoes and let simmer about 15 minutes. (This can be done beforehand and reheated). Beat the eggs with a spoon until a full spoonful can be lifted, add water, salt and pepper and mix well. Melt butter in an omelet pan, pour in the egg, shake and tilt the pan, run a spatula around the edge so that the raw egg can run down on the hot pan; when the egg is nearly set sprinkle over it the grated cheese and Grape-Nuts, spread some of the tomato mixture over this, roll half the omelet over the other half and put on a hot dish; pour the rest of the tomato over it and serve. This recipe serves four people generously.

—Submitted by Frances Lewis Trussell, San Marcos, California.

Grape-Nuts Raisin Pie

¾ cup Grape-Nuts
¾ cup raisins seeded and chopped
1 ½ cups brown sugar
2 ¼ cups hot water
½ cup vinegar
3 tablespoons butter

Mix in order given, and cook for 10 minutes. Cool. Put into a paste lined plate and cover with half-inch strips of paste placed half an inch apart to form a lattice top. Trim edges neatly, moisten and finish with a half-inch strip of paste around the edge. Bake about 40 minutes. The oven should be hot for the first 15 minutes and then the heat should be reduced. This recipe will serve six persons.

—Submitted by Mrs. Daniel Nicholas, Chickasha, Oklahoma. R. R. 3.

Grape-Nuts Fruit Cake

1 cup Grape-Nuts
1 cup water
1 cup brown sugar
½ cup lard or butter
1 cup raisins
1 teaspoon cinnamon
½ teaspoon nutmeg
1 ½ cups flour
1 level teaspoon soda
1 level teaspoon baking powder
1 level teaspoon salt
2 eggs

Boil together for two minutes, the water, sugar, lard, raisins, and spices. Pour this while hot over the Grape-Nuts; let stand until cold. Stir in the flour sifted with the soda, salt and baking powder, and lastly, add the eggs, well beaten. Bake in a loaf in a moderate oven. This recipe makes one medium sized cake.

—Submitted by Miss Frances H. McIntyre, 149 Dartmouth Street, Rochester, New York.

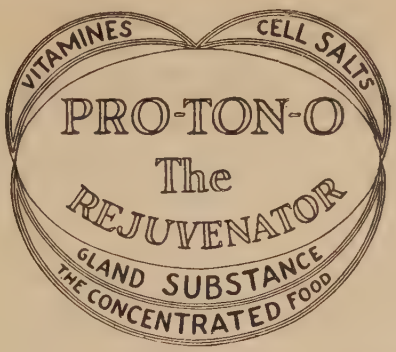
Grape-Nuts Lunch Sandwiches

1 cup Grape-Nuts
6 hard cooked eggs, chopped very fine
2 tablespoons finely chopped sweet pickles
2 tablespoons finely chopped celery
1 tablespoon chopped onion
2 tablespoons Chili sauce
1 ½ teaspoons salt
¼ teaspoon paprika
¾ cup thick mayonnaise

Mix the ingredients until they are well blended, and will spread easily. Use a silver knife and spread on buttered slices of graham bread. This recipe makes filling for eighteen sandwiches.

—Submitted by Clara Morris, 1532 Spencer Street, Grinnell, Iowa.

Write to Postum Cereal Company, Inc., Battle Creek, Mich. for the booklet containing the whole of the 101 Prize-Winning Recipes.



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ROYAL BLUEBERRY MUFFINS

2 cups flour
3 teaspoons Royal Baking Powder
4 tablespoons sugar
½ teaspoon salt
2 eggs
4 tablespoons melted shortening
1 cup milk
1 cup blueberries

Add 3 tablespoons of the measured sugar to washed and drained blueberries; sprinkle with flour.

Sift remaining sugar with dry ingredients; add unbeaten eggs and melted shortening which has been cooled; add milk to make stiff batter; mix well. Add blueberries. Half fill small greased muffin *rings* or muffin tins and bake in moderate oven (375°) for 30 minutes.

Makes 24 small muffins.

ROYAL BUTTERSCOTCH ROLLS

2 cups flour
4 teaspoons Royal Baking Powder
½ teaspoon salt
4 tablespoons shortening
¾ cup milk or water
butter
brown sugar

Sift dry ingredients; add shortening, mixing it in with fork. Add milk to make a fairly soft dough. Knead slightly and roll out ¼ inch thick. Spread well with creamed butter and brown sugar. Roll up as for jelly roll; cut into one-inch pieces. Stand these on end in a well-buttered pan, or *in small greased muffin rings* and bake in moderate oven (375°) for 30 minutes.

Makes 12 rolls or 22 if baked in small rings.

ROYAL POPPY MUFFINS

2 cups flour
3 teaspoons Royal Baking Powder
1 tablespoon sugar
½ teaspoon salt
2 eggs
1 cup milk
4 tablespoons melted shortening
2 teaspoons poppy seeds

Sift dry ingredients together; add unbeaten eggs, melted shortening which has been cooled, and milk to make a stiff batter. Add poppy seeds; mix well. Half fill greased muffin tins and bake in hot oven (400°) for 18 to 20 minutes.

Makes 12 muffins.

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Here are two Swans Down recipes, particularly approved by Mrs. Allen:

SWANS DOWN Pie Crust

(For a 9-inch double crust pie. Use ½ recipe for 1 crust pie)

2 cups SWANS DOWN CAKE FLOUR
½ cup cold shortening
½ teaspoon salt
⅓ to ½ cup very cold water

The best results are obtained by having all ingredients and utensils as cold as possible. Measure flour and salt, mix and sift. Cut in shortening with two knives until mixture looks like meal, or rub the shortening into the flour until smooth, with the back of a tablespoon. Add cold water a little at a time, mixing with a knife until the dough cleans the bowl of all flour and paste. (Avoid using too much water.) Use in the usual way.

SWANS DOWN Two Minute Cake

1 cup sugar
½ cup soft shortening
½ teaspoon salt
½ cup milk
2 egg whites
1⅞ cups SWANS DOWN CAKE FLOUR
3 teaspoons baking powder
½ teaspoon flavoring

Put all ingredients together in mixing bowl, beat hard for two minutes, turn into pan and bake in a moderate oven, 350-375 degrees F. according to depth of batter; twenty-five minutes for layers, forty minutes for a cake medium thick, and forty-five minutes for a thick cake.

For further information write to

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"I guess that's about done"

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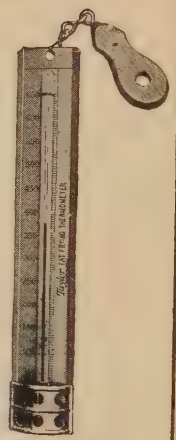

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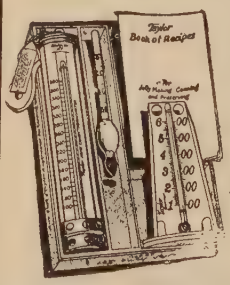

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We remember Grandmother's cooking. She knew how to blend flavors to the Queen's taste. Put the same old-fashioned flavors into *your own* soups, salads, meats, sauces, cakes, puddings, mince pie, Newburgs, etc., by using Virginia Dare Sherry-Jell (pure sherry made semi-solid) and Claro (pure claret in syrup form). They conform to Government requirements.

Virginia Dare Hard Sauce

Cream ⅓ cup butter; gradually beat in 2 cups sifted confectioner's or powdered sugar alternately with 1 tablespoonful Sherry-Jell.

Virginia Dare Charlotte Russe

Soak 1 tablespoon granulated gelatin in ¼ cup cold water for five minutes. Add 1½ cups hot milk and stir in 3 egg yolks beaten with ½ cup sugar. Cook five minutes over hot water, stirring constantly. Add ½ teaspoonful of any desired Virginia Dare fruit flavor (there are 26 flavors, including spices) or 2 tablespoonfuls of Virginia Dare Sherry-Jell and set aside to congeal. When almost congealed, fold in the 3 egg whites beaten stiff. Then hollow out cup cakes, fill the centers with the gelatine custard, replace the tops and when firm, serve with custard sauce or whipped cream.

Sherry-Jell Egg Nog

To yolk of 1 egg, add 1 tablespoon Sherry-Jell, 1 tablespoon sugar and a few grains of salt. Beat thoroughly, add ¾ cup milk and fold in the egg white beaten stiff.

Claro Sauce

Use Virginia Dare Claro undiluted as a sauce for ice cream, baked custards, old fashioned rice pudding, cabinet pudding, or in making any old-fashioned "trifle." It is also a wonderful base for a tutti-frutti sauce of nuts, raisins, candied cherries—for sundaes.

Sherry-Jellatine

To 1 tablespoon granulated gelatin add ¼ cup cold water. Let stand five minutes, then stir in 1¾ cups boiling water. Add 3 tablespoons Sherry-Jell, the juice of 2 lemons and ¾ cup sugar. Stir until thoroughly dissolved and set aside to congeal.

Claro Fruit Punch

Prepare a fruit punch according to any of the recipes in this book, using a little less sugar. To each half pint of punch mixture add 3 tablespoonfuls of Virginia Dare Claro.

Virginia Dare Pure Food Colors make icings, candy, whipped cream, junkets, mint jelly, gelatines, "Small Decorated Cakes" (recipe on page 735), or any other recipe in this book calling for colors appeal to the eye as our flavors make them appeal to the palate. Red, Violet, Egg Yellow, Green, Orange, Chocolate Brown, and Rose.

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